



- Final race information will be emailed 7-10 days prior to event, with race numbers collected at registration on the day.
- Some of our races are multi lap – so runners may be over taken from behind running at speed. We therefore need our runners to be able to hear our marshal’s safety instructions as the lead runners and the escorts approach. You will not be able to hear them if you are using headphones. **In the interests of everyone's safety, please don't use headphones.** (The bone conductor types are acceptable)
- Water stations will be provided - Please DO NOT throw water cups / energy gels, onto the path. Please dispose of these items at the drink stations.
- We DO NOT supply energy bars/gels.
- We are always looking for volunteers to help marshall our running events, we are happy to offer a refund for your entry fee if would like to help us at any other event, please contact peter.ferlie@ecfc.co.uk for more details.