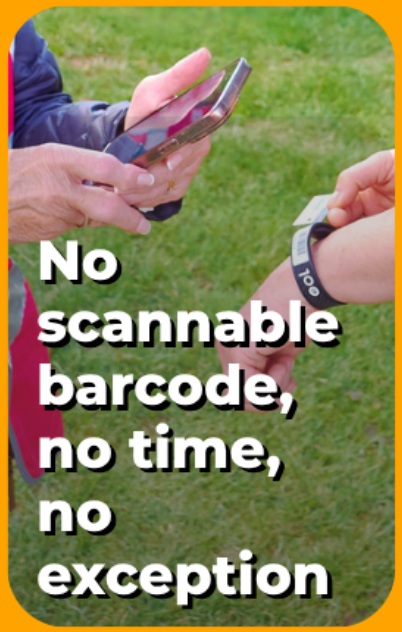

Pay attention to the pre-event briefing


Respect everyone's right to take part in their own way


No scannable barcode, no time, no exception


Have fun, it's only a walk, jog or run!


Be mindful of your local environment and other people


Under 11s always within arm's reach of a parent or guardian


Thank the amazing volunteers!