

Leg 3 (Your captain will give you an estimated start time)

1. Leave enough time to pick your numbers up from the Marshals at the top of the Lane by the start. **Carry or wear Waterproof top, hat and gloves. Also carry your Mobile.**
2. You start when your team mates (both of them) reach the finish point by the tree opposite Half Acre Lane.
3. Make sure you leave some dry warm clothes in a car at the finish at Coal Aston and can dump some warm stuff at the start and we will take to the Royal Oak at the end.
4. The finish at the back of the Royal Oak as in the photo.
5. Please take care and leave space if you any horses or cows and do not cut corners and stick to the paths so we don't upset and land owners
6. You can use GPS and take care on the road crossings, though it's a race, it's just for fun. Hopefully I will have a Marshal and warning signs as you come onto the road at Trowie, **this is a blind spot, so follow his instructions if he is there. If not take care.** There are no other marshals on you road crossings and no warning signs. **It is at your own risk!**
7. **Anyone who cannot finish, must let me know on 07795 046343.**
8. Most importantly, enjoy and don't forget your race number entitles you for a free drink in the Royal Oak. My guess is the first runners will finish at 12:45 to 13:00 and I hope everyone is in by 13:15. Pub will be open from 12 noon for any supporters.

The Start



Dangerous Road Crossing at Trowie Cross on instruction from marshal and run on the verge)



Ps. Please bring your own safety pins, there will be a few with the marshals. Also I don't think there will be any toilets until the Royal opens at 12 noon!