

General Safety Rules

- G1 All competitors, officials and spectators must observe the highway code. Please remember that all participants are not exempt from the rules of the road.
- G2 Runners are to be escorted by a cycle in daylight hours 6:45am-7.00pm (except off-road sections on stages 1-4 where cycles are **not permitted**).
- G3 Runners are to be escorted by a vehicle outside daylight hours between 7:00pm and 6:45am.
- G4 Change over zones are 10m either side of the start, this zone must be kept clear of vehicles at all times.
- G5 No one has the power to direct traffic except a police officer.
- G6 All participants are responsible for reading the safety instructions which apply to them.

Serious or repeated infringement of safety rules could result in disqualification

Runners Safety Rules

- R1 All runners must wear a reflective bib (link) on stages which are between the times of 7:00pm and 6:45am.
- R2 All runners must run with the traffic while running on the roads keeping well to the left hand side of the road and not shortcut any roundabouts.
- R3 All runners must carry a mobile phone while running the off-road stages with-out an escort.
- R4 A runner's race number must be clearly visible from the front while racing. The emergency information must also be completed on the reverse of the race number
- R5 Runners must obey race instructions from race marshals.
- R6 Personal audio/mp3 players must not be worn during the race.

Escort Vehicle Safety Rules

- V1 Escort vehicles must display a team number visible from the rear.
- V2 Always drive directly **behind** your runner.
- V3 Use a rotating flashing orange beacon light attached to the roof. Do **not** use hazard warning lights whilst moving.
- V4 Escort vehicles must display the RNR issued 'SLOW MOVING VEHICLE' sign on the rear of the vehicle
- V5 Wear high-vis clothing when exiting from the vehicle.
- V6 Vehicles must carry a first aid kit.
- V7 When overtaking other teams allow your runner to pass the other escort vehicle and runner only overtaking when it is safe and clear to do so.

Escort Cycle Safety Rules

- C1 All cyclists must ride **behind** their runner.
- C2 All cyclists must wear reflective items.
- C3 All cyclists must have functioning front and rear lights when cycling during the hours of darkness.
- C4 All cyclists must carry a mobile phone.
- C5 All cyclists must be with an escort vehicle at night.
- C6 Cyclists must obey the highway code.