

### **Safety at Hill Races – important reminder**

To ensure that all competitors are accounted for, organisers may count competitors at the start, at marshal points and at the finish. To be effective, this check needs to exclude non-competitors from any count, and take account of retired competitors, together with the point at which they retired.

We'd like to remind competitors in hill races to observe the following procedures:

- If you retire during the race, please notify a marshal or the organisers as soon as possible, and when you return to the finish, please also let the officials there know that you have withdrawn. But when you do get to the finish area, please do not cross the actual finish line as you will then be recorded in the race results.
- If you are running round any part of the course, but not competing, please ensure that you make this absolutely clear to any race marshals, as otherwise you may be wrongly counted. Again, please also ensure that you do not go through the finish system.
- If you are a competitor and have finished the race, please do not recross the finish line (in either direction).

There have been incidences of all these at recent races, and the confusion caused not only made it difficult to produce accurate results but also represented a potential safety risk as any missing competitors might not have been identified.

Thanks for your co-operation, and enjoy your upcoming hill races!