


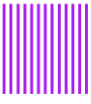

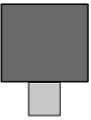
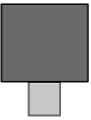




## Safety and fair play for Urban/Sprint events

Please observe the following guidance. Uncrossable features may not be crossed even if you feel you could. Disqualification will be enforced. Some controls/features may be marshalled.

	High fence symbol – NOT to be crossed	<b>Remember:</b> <ul style="list-style-type: none"><li>• All competitors are responsible for their own safety</li><li>• Take care crossing roads</li><li>• Take care running along narrow lanes</li><li>• Take care running round blind corners</li><li>• Give way to members of the public at all times</li><li>• Enjoy yourself!</li><li>• Don't forget to report to download even if you do not finish.</li></ul>
	High Wall symbol – NOT to be crossed	
	Uncrossable vegetation eg hedge. NOT to be crossed	
	Temporary out of bounds area	
	Private garden area – OUT OF BOUNDS	
	Building – not to be crossed	
	Canopy – can be passed underneath	
	Bridge – can be passed under or crossed over, but do NOT attempt to go from over to under as you may experience a 10m drop.	
	Uncrossable water – DO NOT ATTEMPT TO CROSS	

In the event of a missing control please continue with your run and inform the download team. All efforts will be made to ensure a fair outcome including the voiding of specific legs if necessary as allowed under BOF rules.