

Please remember to Socially Distance throughout your time at the event.

When not running please wear a face covering and remember to sanitise your hands.

We will start in small waves denoted by letter on your number.

Most waves will consist of family bubbles to assist with social distancing.

Course is partly on road but mostly tarmac footpath.

Please give walkers and other users of Copthall a wide berth



Boxing Day Run

Saturday 26th December 2020

11am start

1 mile or 2 miles

As an individual or as a Family Bubble

£1 per runner

Age group Prizes

Please maintain Social Distancing throughout your time on site

Face coverings are encouraged when not running

Starts at 30s intervals, in waves of upto 10, as family bubbles, plus a fast first wave

**Registration and numbers from outside clubhouse or Marquee at 100m start on track
from 10.30am**

Results, prizes, refreshments and raffle from outside clubhouse

***Donations to raffle accepted but please quarantine prize at home for at
least 48hrs before the day***

**Please park sensibly on hedge side of carpark, as this gives more open space for social
distancing in car park**

***Arrangements are subject to change dependent upon Covid- restrictions in
force on the day***

Contact Steve Boxing day if you think maybe in doubt 07973253145

A Risk Assessment and a course map are available ahead of time by emailing stevethedoc@hotmail.com