

MVOC STREET O - TOLWORTH 2021

START/FINISH: Outside the electricity substation on Hamilton Avenue, Tolworth (KT6 7PZ)

Event Safety Notes:

Thank you for entering this event. I am duty bound to remind you of the following safety issues that you must consider when taking part in this event. All competitors take part at their own risk, and any under-16s must be accompanied by a parent or guardian.

1. Please observe the current law and government guidelines in respect of the control of Covid-19. Please observe social distancing by keeping at least 2 metres from others. Be **considerate**. When running, **consider other pedestrians** you may come across and give them a wide berth when approaching. Please try to avoid attempting the course at peak times.
2. If you are participating on your own, please have a point of contact to ensure that someone knows where you are going and what time you are expected to return. Carry their contact telephone number so that if you are unfortunate enough to suffer injury whilst on this event and you need assistance, you can call them. Otherwise use a whistle or ask a passing pedestrian for assistance if you can. The nearest A&E hospital is in Kingston.
3. There are two parks shown on the map, though the positioning of controls means there should be no need to pass through either. These are unlit so can be dark outside of daylight hours, so please be cautious.
4. The area is dissected by a railway line which must be crossed at one of the two designated crossing points only, namely A240 Ewell Road and King Charles Road. A243 Brighton Road and Lower Marsh Lane are both off of the map and thus out of bounds. The footbridge over Surbiton Station is ticketed and should therefore not be used either.
5. The course avoids the need to cross the A3, please do not attempt to cross it. Please take particular care when crossing A240 Ewell Road and A243 Brighton Road as both roads are busy.
6. Please take care when locating control answers near to roads. **Look out for traffic first** if you have to step into the road to read the number.
7. Please take care when running in alleyways as some are unlit or have barriers or bollards at the entry/exit.

8. Consider the surface on which you are running. The streets and paths may be slippery, so run within your limits and take care on corners.
9. If attempting the course at night, competitors are advised to carry a torch and to wear high visibility clothing.
10. Please **try to avoid shining a torch or headtorch into house windows**, it could alarm the residents. There are no control answers located on house walls.

Stay safe and enjoy your run.

Luke Davis