## Welcome

New runners?

Course

## Wristbands

Half marthon	11	
Marathon	21	
Ultra marathon	50	
	100	

## Rules

Use your own two feet

No adults across the finish line

No dogs

Have fun

Role	Volunteer
Warm up leader	
Timekeeper	
Timekeeper	
Finish tokens	
Barcode scanner	
Barcode scanner	
Tailwalker	
Marshal 1	
Marshal 2	
Marshal 3	
Marshal 4	
Marshal 5	
Marshal 6	
Marshal 7	