**IMPORTANT COVID INFORMATION: DO NOT ATTEND IF YOU HAVE ANY SYMPTOMS OF COVID.**



**Winter Training Essential Safety Information**

* Hi-vis clothing must be worn **TO**, **FROM** and **AT** the training locations on a Tuesday.
* Please wear hi-vis clothing and bring a torch on evening road runs.

**CORNISH MARATHON REMINDER – 6TH OF NOVEMBER – IF YOU CAN HELP CONTACT LOU, ROB OR TESS**