

**Winter Training Essential Safety Information**

* **Our Christmas Meal is on the 28th of January at Great Trethew – names to Matt D asap. Come and join us for a lovely evening, 7.30 for 8.**
* Hi-vis clothing must be worn **TO**, **FROM** and **AT** the training locations on a Tuesday. Don’t forget your torch!
* Newquay 10k on the 5th of February will be our club age graded races.
* **IMPORTANT COVID INFORMATION: DO NOT ATTEND IF YOU HAVE ANY SYMPTOMS OF COVID.**