

## Club Night – 23 November 2021 – Hamilton

The **meeting Point** is a different position in the car park to the October event. This time it is in the **North corner**.

### Safety Notes

- All participants **must carry a torch**. Some areas have no lighting or poor lighting.
- All participants **must carry a phone** even if not using GPS. This is to get help in an emergency. Leave their number with the organiser. Organiser's number is 077 8980 2726
- You are likely to meet pedestrians including **dog walkers, cyclists and other runners**. Direct your head torch away from members of the public to avoid blinding them.
- Beware of cyclists without lights and of **vehicles on any roads** and parking areas. This is a training activity not a competition, so **adjust speed when crossing roads**.
- Check the weather forecast beforehand and wear **suitable clothes and footwear** for the weather conditions, e.g. trainers with grip, hooded waterproof jacket.
- Please do not attend if you or anyone in your household/workplace has tested positive for **Covid19** or has **Covid19** symptoms.
- You are reminded that you are **taking part at your own risk** and so should assess all risks with care.

### Map Advice

- Treat all **white** woodlands as **impenetrable**.
- **Blue ditches** are not easily crossable although usually dry.
- The cross symbol + on control descriptions indicates a **lamp post**.

**Long**

PIN: 5053



**Medium**

PIN: 7893



**Short**

PIN: 2553

