

# START FITNESS NORTH EASTERN HARRIER LEAGUE

## BE A CONSIDERATE RUNNER

### GETTING THERE

- **Remember to take your NEHL number**  
(Providing a replacement costs us time and you money)
- **Have some change ready for parking charges**
- **Park sensibly - obeying signs and marshals' instructions**  
(We have lost venues due to indiscriminate parking and don't want to lose more)

### BEFORE THE RACE

- **When warming up, keep off the course if you can; if you can't :**
  - run in the opposite direction to races in progress;
  - stay in small groups;
  - keep clear of oncoming runners in the race in progress.
- **Keep off any 'NO GO' parts of the course**
- **Use the portable (or permanent) loos**  
(We've lost one venue through indiscriminate peeing)
- **Pin your NEHL number securely on the FRONT of your club vest**
- **When going to the start, watch out for runners in races in progress**

### AT THE FINISH

- **Keep moving steadily down the finish funnel, staying in your finishing order**
- **Don't cut out of the side of the funnel** (or your result might not be recorded)

### WHEN YOU GO HOME

- **Take your rubbish home (or place it in a bin)**

### ALL THE TIME

- **Follow the instructions of course marshals and technical officials**  
(Remember also that they are all unpaid volunteers)

**ENJOY YOUR RACE AND HELP OTHERS ENJOY THEIRS**