



Bridgnorth Lions Walk and Marathon - Safety Notice

The safety of the Bridgnorth Lions Walk and Marathon participants is of paramount importance to the organisers and the Police.

At the start

Take great care in Whitburn Street and Squirrel Bank to avoid colliding with the traffic bollards and tripping over the high kerbs.

Upon reaching the by-pass footbridge you must obey any instructions given to you by the marshals regarding safe crossing.

During the event

Take extra care up and down the Brown Clee, particularly in wet conditions. Although there are plenty of 'Caution Walkers' signs to warn traffic to expect walkers and runners, remember that drivers still have right of way on the road. They may not slow down when you expect them to. Keep to the left hand side of the road as far as Cleobury North and then the right hand side of the road near to the verge and facing the traffic when possible.

On the return to Bridgnorth town centre after the bypass footbridge, participants must keep to the pavement.

If you are asked to stop and wait for traffic by a marshal, you must do so. Always do as the Marshals advise.

CHECKPOINTS:

Marshals will be posted at ONE MILE intervals from checkpoint 3 onwards. Water will be available at these points.

To ward off dehydration and cramp it is essential to drink water throughout the event.

Any person who drops out of the event must inform a Marshal and wait at the nearest checkpoint to be picked up.

FIRST AID: There will be first aid posts at key locations along the event and at the finish.

TOILETS: Toilets will be sited along the route.

ALL PARTICIPANTS ENTER AT THEIR OWN RISK. THE ORGANISING COMMITTEE CANNOT BE HELD RESPONSIBLE FOR PERSONAL INJURY OR LOSSES.

Please note carefully:

The distance covered in all events is a long distance along a very demanding route. It is ESSENTIAL that you do some training in the weeks before the event takes place. Please be prepared for weather conditions during the event. In the event of extreme heat or sun, ensure you wear a sun hat, drink plenty of water and do not take your shirt off.

It can be cold on the summit of Brown Clee, so make sure you don't stay there too long and come prepared for all the British weather can throw at you.