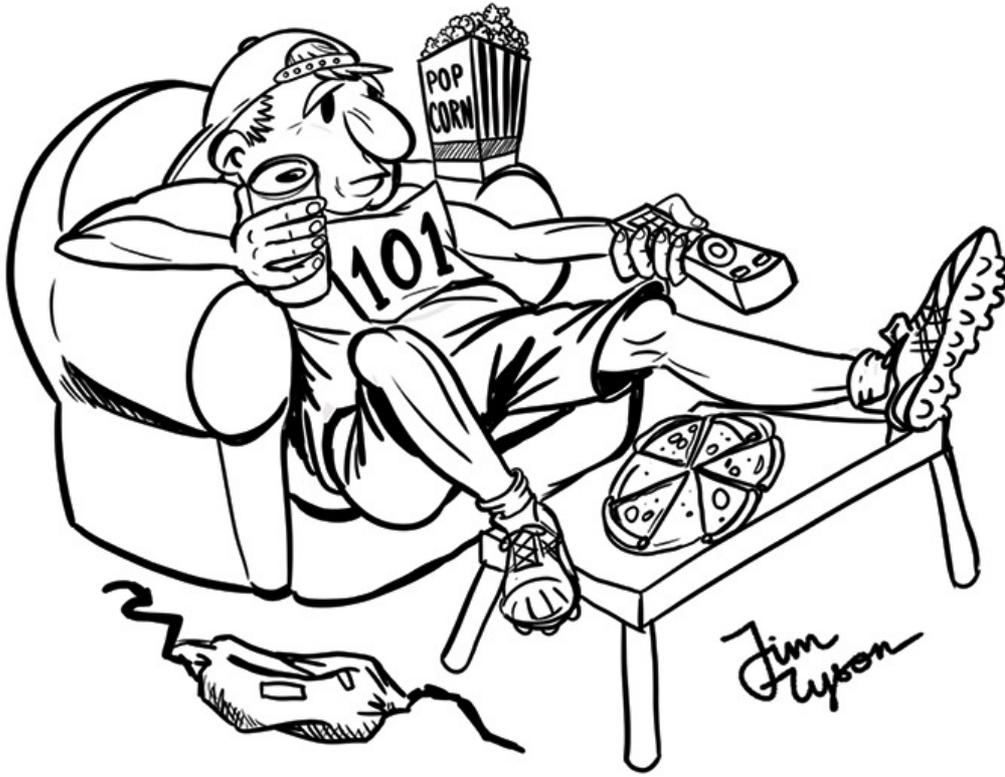




Running in another's number



Going home if retired
without reporting back to
race control



Telling lies to
gain entry



Running a race without
a number or correct kit

**DISPLAY YOUR NUMBER CLEARLY,
UNFOLDED AND ON YOUR CHEST**



**ALWAYS OBEY TIME CUT-OFFS.
THEY'RE FOR EVERYONE'S SAFETY.**



Jim Lyson



REMINDE YOUR PARENTS
THEY CAN'T RUN ALONGSIDE
YOU!

*Jim
Fyson*

RACE HARD, PLAY FAIR
AND NO CHEATING!



Jim
Lyon

EACH RUNNER MUST CARRY
THE CORRECT KIT THEMSELVES
(FOR THE WHOLE RACE)





Jim Lyson

NO 'ARGY BARGY' IN THE RACE OR ON THE START LINE