

**Dear Debbie**

Hope you are well and really looking forward to the event, which is just over 5 weeks away. We hope you have a safe and enjoyable day when the 'gun goes off' at 8:30am on Saturday 4th March.

**Entry Numbers and Barcode Tally**
These can be collected from the start HQ from 7.00am on the day. Please let us know if any of your medical details have changed between the time you entered and the event day.

**Ill or Injured - Your Options**
We are able to accept transfer and swap requests up to midnight on the 13th February.

We have a large reserve list and can put you in touch with someone looking for a place.

If you have someone that you know that wants your place, then just use the transfer details document that is available on the GFC website
<https://theentrypoint.co.uk/website/south-cave-scout-group/documents>

Unfortunately, after the 13th February, we will not be able to transfer your entry. We are not able to refund or transfer to the next year. (*Please see terms and conditions*).

Also.....please do not hand your entry details to anyone else. We absolutely need to know who our medical team are dealing with it the event of an emergency.

**Safety**
Whilst the event is hosted on roads and public footpaths, and is extensively marshaled, we ask that you keep aware of your surroundings during the event, especially at the road crossings.

Please dress appropriately for the conditions on race day, we have had some extreme weather over the last few years.

For the safety of our competitors, we have a cut off at checkpoint 9 (YorkGround Farm ). Any one not through CP9 by 3pm will not be allowed to continue.

**what3words**

To make it easier for us to find you, if you need us, we recommend the use of what3words. what3words has divided the globe into 3m squares and given each one a unique 3 word address. It means everywhere can be located with just three words. For example ///kite.chats.dine will take you to a precise spot in a field next to the River Ouse in York. what3words is available as a free app for iOS and Android and has an online map at <https://map.what3words.com>

You can find out more about what3words [here](https://what3words.com/about-us/)

**Volunteers**

Without our team of amazing volunteers, our event would not be possible and so please do try to say ‘thank you’ to them, as they have given up their time to support all the entrants and to help give you a brilliant experience on the day.

If anyone wishes to join this group of amazing people, just drop an email to info@goldenfleececircuit.org.uk

Best regards
Golden Fleece Team