ROSSENDALE LEISURE TRUST

Marl Pits Running Track

- No Dogs, No bikes (disability bikes excepted), Alcohol and/or glass bottles. No ball games of any sort.

- The track is a no smoking area.

- Please wear suitable footwear. No studded shoes or boots. Maximum spike length 6mm.

- The football pitch and other grassed area are out of bounds.

- The inside Lanes (lanes 1 & 2) should be used sparingly as they will wear out quicker than others so must not be used for warm-ups. Please be aware that these lanes may be used by athletes doing speed sessions so are best avoided by slower runners or walkers.

- Look both ways before moving across lanes.

- Run or walk in a counter clockwise direction. If you stop running or walking move to the outside lanes.

- If you hear the words “Track” it means that a quicker runner is about to pass you so stay in the same lane.

- Please show consideration to other users and bear in mind that wearing headphones may inhibit your awareness of them.

- Prams and wheelchairs are welcome.

ROSSENDALE BOROUGH COUNCIL

www.rltrust.co.uk/marl-pits-running-track