



Rules of Participation

- The race is open to all athletes.
- All participants must be at least [16 years of age for the Half Marathon or 14 years of age for the 5Km Road Race] on Race Day. All competitors must comply with age restrictions and entry requirements.
- Runners compete in the race under their own responsibility and are strongly advised to have appropriate medical insurance which covers their participation.
- Only those who have officially registered can take part in the race.
- If you wish to run with your baby or child (stroller/buggy suitable for running) you must start at the back of the runners to avoid injury and to prevent inhibiting other/faster runners.
- Slower runners/walkers are asked to start near the end of the pack to avoid being crowded or bumped.
- Pets are forbidden on the course.
- Participants may not swap race numbers. Offenders will be disqualified from the race.
- Please do not wear jewelry or carry precious items with you during the race. The organizers will not be held responsible for any lost valuables.
- The decision of the Race Director, Race Referees and/or the Organizing Committee in all matters is final.