

Race Rules

- The word “entrant” will be used to describe all entries.
 - The words “registration” and “entry” will be used interchangeably.
1. Competitors may enter one of the following events:
 - a. 21.1 km Solo
 - b. Duo relay 10.55km each
 - c. Quad relay 5.275km each
 2. Minimum ages (as at the day of the event) are:
 - a. 15 Years – 21.1 km ½ Marathon solo.
 - b. 12 years – for teams.
 3. Only runners who are competent, fit and adequately trained should enter this event.
 4. The Half Marathon is an alcohol-free event.
 5. The course is marked with flagging tape and course direction signs – but it is the runner’s full responsibility to follow the course map and navigate successfully.
 6. Race numbers indicating event category and entrant number will be supplied and must be worn on the front lower torso of each entrant. Numbers must be clearly visible and not altered in any way.
 7. Entrants must complete the race by running through the marked finish line and presenting themselves to the timekeepers.
 8. Cut-off times for the event is 3 hours (10:00 hrs).
 9. If entrants have not completed the course by the cut-off times, entrants will not receive an official finish time.
 10. Any entrant not completing the course, or withdrawing from the race, must report to the finish line and notify the time-keepers.
 11. An entrant may be disqualified at the discretion of the race organisers for contravening race rules or unsporting conduct.
 12. Registrations will close when filled to capacity.
 13. There will be aid stations approximately every 5.25 km along the course.
 14. In the interest of providing a safe and enjoyable event experience for everyone, participants should be mindful of race etiquette:

- The use of iPods/mp3 players is allowed at volume levels that allow you to hear instructions from race officials.
- Position yourself at the start line relative to your ability so faster competitors are not impeded.
- Always follow the directions of all race officials and emergency services personnel.
- All rubbish is to be placed in the bins provided wither side of the aid stations. Competitors will be disqualified if any litter is not disposed of correctly during the event.