

## EVENT RULES - 2022:



### Runners

- Participants are required to sign an indemnity form before the start of the event
- Participants of the 15/22km event must be older than 16 years
- Participants of the 6km fun run/walk must be older than 12 years unless accompanied by a parent/legal guardian
- Each participant in the 22km event needs to retrieve a wrist band from the 3<sup>rd</sup> water table as confirmation of their running the additional 6km loop. Anyone returning to the finish without the band will be deemed to have completed the 14km route.

### Supporters

- Supporters are allowed at the start and finish. There is no public access to the any parts of the route.

### Environmental rules

- Picking of flowers, cutting of walking sticks and/or any damage to the natural vegetation is prohibited.
- Competitors must stay on the designated course at all times.
- No tree, rock, etc. may be defaced in any manner.
- Littering in any way is prohibited. Please pick any litter from other runners .
- Competitors are to comply with any instruction given to them by a race official, especially in the case of an emergency on the route
- No fires are to be lit on route and Smoking is prohibited anywhere along the route
- Competitors found not adhering to the above will be disqualified and removed from the course.

### General Rules

- Any runner or supporter, will be barred from all events for life if found to have used physical violence during the course of the event.
- Abusive language will not be tolerated.
- The first competitor to complete the event, having complied with all rules and regulations, will be considered the winner.
- Any abuse of or disregard for instructions given by race marshals to any competitor will result in immediate disqualification.
- No dogs allowed on the route or at the start and finish venues

### Medical Assistance

- Paramedic crews will be available for medical treatment and consultation.
- Medical treatment is limited to basic first aid and advice. Should a competitor require advanced life support, active fluid replacement therapy (IV), the administration of any oral or intravenous drug, then that competitor, subject to the Race Director's final decision, will be prevented from continuing with the event.
- The medical crew has the authority to withdraw a competitor from an event should the competitor's further participation in the event possibly result in permanent injury, disability or death to the competitor.
- Competitors are obliged to carry their personal medications on them. The medical crew will not be on hand to supply personal medication should the competitors concerned have failed to supply their own.

- The medical crew will provide immediate emergency treatment and stabilisation. Should a competitor require transport by road or air ambulance, the cost of any transport out of the race environment will be carried by the patient.
- Competitors are strongly advised to take appropriate insurance against the costs of emergency evacuations.
- Competitors must advise the organisers of any medical conditions that they may have.

### **Disqualification/Time Penalties**

- Any competitor who has not completed the entire course will be given a DNF.
- Any competitor found to have transgressed the rules and regulations of the event and/or acting contrary to the spirit of the event will be liable for disqualification.
- The Race Director may impose a disqualification or penalty taking into consideration the spirit of the event. A statement will be requested from the applicable competitor should he/she wish to explain or justify his/her actions.
- Any competitor refusing to undergo testing for illegal substances will be disqualified.

### **Spirit of the Event**

- Where one competitor finds another in need of medical attention – they must stop to assist.
- Abiding by the rules and regulations of this event and sport.
- Being eco-friendly, polite and prepared to assist a fellow man in need.
- Not misleading organisers and/or marshals with inaccurate/incomplete information.
- Not removing or tampering with any route markers.

### **Complaints & Appeals**

- Any competitor wishing to appeal or complain any aspect of the event can do so. Complaints are to be received by the Race Director within 30 minutes of the competitor crossing the finish line. Complaints may only be made with first-hand knowledge. No second-hand reports will be accepted or considered.
- In the event of there being discrepancies in finishing positions resulting from such reports and/or complaints, the Prize Giving will only take place after a verdict has been reached by the Race Director.
- Any objections to positions announced at Prize Giving must be given immediately, once prizes have been handed over, the results will be final.
- Winners must be present at Prize Giving to qualify for prizes.
- Appeals regarding decisions are to be received by the Race Director within 30 minutes of the decision.
- The Event Organiser, as advised by senior marshals, will consider appeals.