

Rules & Regulations

1. All participants must be fully vaccinated. Any participant found not fully vaccinated will be disqualified on the spot. Participants are encouraged to test their self with Covid RTK kits before reporting to the race pack collection center.

2. Participants must complete the set course on foot by their own ability within the stipulated cut off time.

3. Participants must place their race bibs facing forward, prominently as high as possible on the front of their Running Tee. Do not place your race bib on the side of your hips, on your back, or tucked away in your jacket. Runners found without their race bib numbers may be penalized or disqualified. Please ensure that the race bib number is visible.

4. Participants must follow the directions given by the race organizer. Participants must obey directions of race marshals or officials at all times. In particular if you miss any cut-off times you must withdraw from the race as instructed.

5. Participants are responsible to ensure their own safety and that of others. Participants must always be single file, on the far left side of the road or off the left side of the road. Be considerate to other road users at all times. Take great care when running. If any other participant is injured or in distress, please provide assistance.

6. The organisers reserve the right to make changes to the Event Rules, route and/or other arrangements as they deem appropriate, to cancel and to postpone or reschedule the event date to a later date.