

ONEHUNGA HALF MARATHON RACE RULES

While you are responsible for your own safety and enter this event at your own risk the event organizers have taken every reasonable measure to ensure your safety, as a participant of the Onehunga Half Marathon.

It is important that you read the event rules and follow each of the safety guidelines of the event:

First Aid is located at the Event HQ – Onehunga Bay Reserve, Onehunga. Additional Medical Teams will be out on the course following the events.

Participants ONLY are allowed on the course and start/finish area.

NO spectators or supporters are allowed to follow any participants at any stage of the event.

ALL New Zealand Road Rules Apply. You must run on the footpath at all times.

Do not cut corners. Knowing the course is your responsibility, please double check the course map.

You must listen to and obey any instructions given by Race Officials.

If you are walking or running in a group, please do not walk or run more than two abreast. Please be aware of participants passing from behind and keep to the left.

Please seed yourself accordingly at the start.

Please ensure you have adequate and suitable clothing. Footwear must be worn. No bare torsos.

Please ensure you are physically fit and healthy enough to complete your chosen distance. If you are unsure, please seek advice from a medical professional.

If you feel unwell or unfit to compete in the event we strongly advise you to withdraw immediately and seek assistance or professional advice.

If another participant is in distress immediately offer assistance and inform a Race Official. Please report any accidents or incidents to a Race Official as soon as possible.

All forms of wheeled conveyance including but not limited to bicycles, inline skates, skate boards, scooters are not permitted. No pets are allowed to accompany participants.

Race Numbers MUST be worn on the front of your top at all times.

Timing Responders must be attached to your shoe laces for the entire duration of the event.

Due to the risk of the individual and fellow participants, the use of any and all portable audio devices, including but not limited to, iPods, MP3, cellphones and walkman devices is highly discouraged.

The walking categories will not be judged and it would be appreciated if all walkers adhere to sportsmanship behaviour and walk the entire event if in the walk category.

All participants under the age of 18 must have the consent of their parent or guardian.

Entry Fees are refundable, less admin fee until 31st August. From 1st September, these may be transferred to our 2016 event.

You may not compete under another person's identity as we need to know exactly who is on the course if Medical attention is required. Notification of any changes must be emailed prior to **Monday 21st September**.

Any participant who competes in an event for which they are not entered may automatically be disqualified. Notification of any changes must be emailed prior to **Monday 21st September**.