

Brathay Windermere Marathon

Rules and Regulations

1. The Brathay Windermere Marathon is held in accordance with UK Athletics rules and regulations ("**UK Athletics Rules for Competition**") available on request at the event centre).
2. The general philosophy behind this event is that the participant should take primary responsibility for his/her own safety. The event organiser has the responsibility for making sure the marathon is as safe as is reasonable practical by ensuring that the nature of the event, and the rules relating to health and safety, have been drawn up and formally communicated to each individual participant.
3. Your safety is our main concern so throughout the event please follow the instructions of race officials and marshals at all times.
4. The event organisation is set up to monitor and control the marathon so that if an incident or accident occurs help is directed to the injured party without delay.
5. You are advised not to take part in this event if you are unwell or injured.
6. When arriving at Brathay by car please follow the signs and directions of event marshals with regard to parking.
7. You must confirm your entry for the marathon and **collect your RaceAhead timing chip and number** on arrival (follow signs to Registration). Registration opening times:

Friday 14 May - 09:00 to 19:00

Saturday 15 May - 09:00 to 21:00

Sunday 16 May - 07:00 to 10:10

You are encouraged to register your entry on Friday 14 or Saturday 15 May if at all possible to avoid congestion on Sunday morning.

8. **Please assemble on the lawn in front of Brathay Hall by 10:10am. Final announcements will be made before runners are led to the start line.**
9. While running around the marathon course please follow all instructions given by the event officials and marshals (these will primarily be aimed at your safety, and that of other runners and other road users).
10. The only section of the marathon course closed to traffic is the B5286 from the start at Brathay Hall to Hawkshead (the first 4 miles). **For the remainder of the course please run on the left-hand side of the road. It is your responsibility to enable the safe passing of vehicles (there will be an advisory speed limit for cars and other vehicles around much of the course). Please overtake other runners only when safe to do so.**
11. We request that you utilise pavements (these are all tarmac) around the course where possible to minimise conflict with other road users. Please be aware that you might meet other pedestrians around the course. Where this happens **you must** give way to the general public and you have the responsibility for ensuring safe passing and overtaking of pedestrians on pavements.
12. It is your responsibility to ensure that you are sufficiently hydrated leading up to and during the marathon. Drink stations will be positioned at regular intervals around the marathon course.
13. If you retire from the event please inform the nearest race official or marshal. Transport is provided for your safe return to the event centre.
14. **Minimum age for this event is 18 years on the 16 May 2010**

Retirement from the event must also be reported at the event centre at Brathay Hall.