

## Mara-fun Race Rules

We must have contact details for all participants in the case of an emergency.

By taking part, all participants confirm that they are happy for their names and any footage or photographs taken during their participation in Mara-Fun to be used to publicise the Mara-Fun and Footsteps International.

All participants must write their name and details of any health problems or medication on the reverse of the race number, which must be worn on the front of shirts during the race.

In the case of an emergency Footsteps International may use the details provided by you to contact your home or office. Any participant unsure of their physical ability to take part in Mara-Fun should take medical advice from a general practitioner prior to the event.

All participants enter this event entirely at their own risk and Footsteps International shall not be liable for any injury or loss that might occur as a result of their participation other than as a result of Footsteps International's negligence.

Absolutely no pets or roller skates/blades are allowed on the course. Spectators are asked to keep pets on a lead. We strongly advise that all participants and volunteers under the age of 18 are accompanied by a responsible adult at all times. We can take no responsibility for under 18s on the day.

You have a legal responsibility to ensure that all sponsorship monies/donations received by you for the Mara-Fun are paid to Footsteps International or your chosen charity.

UK Athletics age restrictions apply:

Age/maximum distances applicable for road running (NB: age on the day of the event)

Under 9	9 & 10	11 & 12	13 & 14	15	16	17	18 & 19	20+
2k	3k	4k	6k	10k	16.1k	25k	Marathon	Unlimited