

Virtual City of Newport Half Marathon

Participating runners agree to the following terms and conditions:

Terms of Participation

- Registration fee is non-refundable and is non-transferrable.
- The following terms apply to your entry:
 - Individual half marathon distance of 13.1 miles made up of one continuous run/walk or several over 7 days. You may spread the distance over as many smaller runs/walks as needed during the time
- Your results, and/or any pictures you submit may be used by St David's Hospice Care to promote the charity

RUN ROUTE SAFETY AND GENERAL RUNNING SAFETY

Participants are responsible for their own safety and as a minimum, follow these suggestions:

- Plan your route in advance, use a route you are familiar with, and be aware of potential hazards on the route. Carry out your own risk assessment of the route.
- Let someone know where you are running and when you expect to be back from your run; contact them to let them know you have returned safely.
- Carry a mobile phone with you.
- Carry an ICE (In Case of Emergency) card, with your name, address, any medical information and an emergency contact number.
- Carry a drink with you.
- Avoid running in hours of darkness, especially in unlit areas, if necessary use a torch.
- Run in high visibility clothing.
- Run in appropriate footwear.
- The wearing of headphones can reduce your awareness of potential hazards and it is therefore not recommended to wear headphones whilst running.
- Run in traffic free areas where possible; avoid areas and times when busier traffic is possible.
- Follow the Highway Code guidelines.