

# South Downs Marathon Sunday 10<sup>th</sup> May 2020

**RUNNERS** - Please be advised that if you leave before the 10am start you may be disqualified. The checkpoint/clip water point opening times reflect actual runner's arrival times from previous years, based on the 10am start time.

**ROUTE DESCRIPTION** - A paper route description **must** be carried by each entrant even if walking in a group - you may get separated – or if navigating by smart phone or GPS – your batteries might go flat. Failure to carry a route description may mean that (a) you are not covered by the LDWA Public Liability Insurance and (b) that you may be disqualified.

## **THE RULES**

The LDWA South Downs Marathon is open to walkers and runners who must be 18 years of age or over on 10<sup>th</sup> May 2020. Membership of the LDWA is not required.

The opening and closing times of the check and clip points will be strictly adhered to. To qualify for a certificate all entrants must finish by 1900 and pass thru all the check and clip points, within the time limits.

Retirements must be made at checkpoints. If a retiree is unable to reach a checkpoint they should pass their check card to another entrant, who will notify the next checkpoint. If this is not possible the emergency phone number provided on the check card should be used.

The checkpoint marshals have the right to retire any entrant who they consider is unfit to continue. Transport back to the start will be provided for retirees.