

Race Rules.

All participants must run under their own name. The entry system allows you to swap names prior to the event. No name changes must take place outside SI Entries.

You must make sure that at the two Check Points your number is noted by the staff on duty. This is the runner's responsibility as it forms part of our safety procedure.

Any competitor who is deemed unfit to continue by the race directors, marshals or medics will be withdrawn from race. The decision will be final.

Runners must carry all mandatory kit at all times during the race. If found to be not carrying the required kit at any time, you will be disqualified.

If you decide to retire from the race you must notify a marshal. You must surrender your race number and you will not be allowed to continue.

Cheating of any kind will not be tolerated, this includes not carrying mandatory kit, taking a short cut or any other kind of unsporting behaviour. You will be disqualified from the event if caught.

We strongly advise against the using of NSAIDs (Non-Steroidal Anti-Inflammatory Drugs E.g. Ibuprofen) during the events, as they are proven to cause harm during endurance events. Doing so against this advice is strictly at the competitor's risk.

The course is fully marked and marshalled; however, runners take full responsibility for their own navigation during the event.

You must have your bib number visible at all times or easily accessible to show the Check Point team.

Littering will result in immediate disqualification.

Dogs are permitted at the event, but they must be secured to you at all times, you must start at the back of the field and you must supply your own insurance.

We do not have exclusive use of the forest or trails within it, other users may be present and you have no right of way over them. Please pay attention at all times, it is possible that you may encounter mountain bikers or members of the public on horseback. Be polite and courteous.

No crew or pacers allowed during the event.

You must carry a fully charged mobile phone containing the event director's number, and your number must be given to event staff prior or at the registration of the event.

Mandatory Kit. The Hamsterley Winter trail ½ marathon is taking place in January in the UK, freezing temperatures are common at this time of year. Whilst you may be warm enough when running, there may be times when you are walking, need to stop or need to come to the aid of a fellow runner in distress.

All competitors must carry as a minimum, a fully charged mobile phone, the capacity to carry 500ml of water (this can be re filled at the aid stations). A foil blanket or emergency bivvy bag, fully waterproof jacket with taped seams, at least 1 additional (not being worn at the start) base layer top, full length leggings (can be worn at the start) Warm hat and gloves (can be worn at the start).

Cut-offs – we aim to be inclusive so are not setting cut-offs for this event, however, we need to consider the safety of everyone on the course including our marshals. In the event that conditions become unsafe we reserve the right to withdraw runners from the race.