

RACE RULES

- Participants must be 17 years or older on Sunday 7 October 2012 to compete in the Royal Parks Foundation Half Marathon
- This event is designed for runners, not walkers. The roads in Westminster, outside the Parks, will open 1.5 hours after the start of the race after which time participants will be asked to move onto the pavements.
- It is not permitted to transfer your place to another person
- We cannot offer any refunds for race places, nor can any places be deferred to the following year
- Please obey the instructions from race marshals, stewards and the police at all times
- To receive an accurate race time, timing chips must be secured to your shoe as per the instructions supplied
- Race numbers must be worn on the front of the t-shirt
- Buggies, rollers skates/blades, bicycles, skateboards are not allowed on the course
- Wheelchairs are not permitted on the course. Unfortunately the course is not suitable for wheelchair users
- No dogs are allowed on the course (with the exception of blind runners in which case we ask you to notify the organisers)
- It is strongly recommended that participants who have been ill during the previous week do not run