



MARATHON RULES & REGULATIONS FOF 2024

FOF MARATHON / CROSS COUNTRY RULES

- 1) All participants must follow the instructions of event officials
- 2) Your official participant bib (running number) must be fully visible at all times and worn on the front of your torso.
- 3) Runner bibs are non-transferable
- 4) Participants must stay within course boundaries and follow the markings and directions from officials. Course will be marked with white chalk and where there are no markings do please keep running straight on the path you are on.
- 5) Do please keep time and report at the start desk by 6.30 am and collect your bib then.
- 6) All standard Track and Field rules for running will apply where no clarification has been made.
- 7) At the finish, do please come to the volunteers for your relevant age group and get your finish recorded and handover the bib.

Prizes will be given for all age groups.

CONVENOR: PRATIK SHAH

An Event with Less than three (3) communities shall be cancelled. Subject to change without notice. Age As at 5th OF NOVEMBER 2024. For more information Contact your community representative.