BEAT THE TIDE 2024- THE HUNSTANTON BEACH RUN

EVENT RULES AND GUIDELINES

1. Participants choose themselves on the day whether they wish to run 5k or 10k. The course is a 5k loop so simply run twice around to complete 10k.
2. Runners running 10k must be over 15 on the day of the event.
3. A child 11 years and under running 5k must enter online and must be accompanied during the run by an adult entrant.
4. Entry to the event is online only.
5. All runners must register before the event and collect their event number. Numbers must be worn on the front of shirts. Event medals and 'goodies' will only be issued to finishers in the finish funnel who are wearing their number.
6. Runners may NOT run with dogs. Dogs are not allowed onto the beach during summer months.
7. Medals will be awarded to runners finishing 1st, 2nd and 3rd in the 5k and 10k events in both the male and female categories. In the awarding of these positions, organisers will be guided by current UK Athletics rules and policies.
8. Outside of these first 3 finishing positions, the organisers will not time runners nor award positions.
9. Runners must ensure they run around the flags at each end of the course to complete the distance. These turn-around points will be marshalled.
10. The beach and the nature of sand mean that unfortunately the course is unsuitable for wheelchair users.
11. Income from the entrance fee over and above the costs involved in organising the event will be donated to the RNLI.
12. The event will be marshalled. Please always take note of marshals' instructions.
13. The organisers reserve the right to change arrangements/rules on the day should the need arise.
14. All participants run in the event at their own risk.