



Rules Of The Race

- 1) When entering by post or online you read, understood, agreed to and signed or tick an agreement box, the Studland Stampede declaration:
I am over 18 years old on race day. I am medically fit to run. I agree to abide by the rules of the race and also accept that the organisers shall be in no way responsible for any injury, illness or accident to my person or loss of property resulting from my participation in the Studland Stampede.
- 2) Do NOT give your number to another runner if you are unable to participate. Refer to the Stampede 'Withdrawal/Transfer of Entry Policy' if you are unable to run.
- 3) Do NOT run under anybody else's number if you have failed to enter under your own name. Refer to the Stampede 'Withdrawal/Transfer of Entry Policy' if you wish to take the place of a friend that is unable to run.
- 4) Be present at, and pay attention to, the race briefing given before the start of the race.
- 5) Wear your running number on your running top, with your next-of-kin details filled out on the reverse, so that we can easily identify you.
- 6) Listen and obey the race marshals at all times.
- 7) Behave in a friendly and well-mannered way towards all other competitors, marshals and the general public at all times.
- 8) Do NOT act in anyway that puts yourself or any other persons in danger, under any circumstances.
- 9) Stay on the marked route at all times (unless dangerous to do so for any reason).
- 10) If ever in doubt, or need assistance whilst out on the course, wait for the back runner to assist you.
- 11) If you decide, at any point, to pull out of the event, you must report back to the race marquee and return your timing chip, so that you can be accounted for.
- 12) It is your responsibility to ensure you are fit to run in this event.
- 13) No dogs or children are allowed to run with you during this event.
- 14) Have fun!