



Saltmarsh Half-Marathon & Saltmarsh Ultra-Marathon

Terms and Conditions of Entry 2019

Please read the below terms and conditions thoroughly before proceeding with entry to the Saltmarsh Half-Marathon or the Saltmarsh Ultra-Marathon.

The Saltmarsh Half-Marathon and the Saltmarsh Ultra-Marathon are physically and mentally demanding events.

The Saltmarsh Half-Marathon is a descriptive 13.5 mile trail challenge event.
The Saltmarsh Ultra-Marathon is a descriptive 50 mile trail challenge event.

Both events take place along seawall and pathway with very limited sections on minor public roads. You will be provided with a narrative description of the course. Route signage will be limited and there are minimal marshals on the course, particularly for the Saltmarsh Ultra-Marathon.

All entrants should ensure they have trained accordingly to ensure they are in good health (physical and mental). If you have suffered recent illness or injury you are strongly advised to seek professional advice before entering or participating in either event.

GPX files are available for download onto navigation devices and a downloadable route map is available via

The Saltmarsh Half-Marathon - [route map](#)

The Saltmarsh Ultra-Marathon - [route map](#)

We request that all participants have studied the route map via the link above and made any key notes deemed necessary by yourselves. We also suggest saving the link into mobile device(s) that will be with you whilst on the course as the map can be used for navigation and location reference. Before submitting your entry, please ensure you have read and understood all information and conditions of entry. If you have any questions, please contact us **before** entering.

By submitting an entry, you declare you have read, understood and agreed to abide by the rules of the event, British Athletics / Trail Running Association regulations and to follow any reasonable instructions issued by the event organisers. Also you are confirming that you are participating at your own risk and that no liability is accepted by the organisers for injury, damage or loss sustained by me before, during or after the event. Those who require insurance cover against possible injury and/or loss of, or damage to, property should make their own arrangements.

All enquiries to thesaltmarsh75@maldon.gov.uk or on telephone number 01621 875842 or 01621 876268

The organisers reserve the right to change the event in any way considered appropriate to the prevailing conditions. Any changes will be communicated to participants via email, social media and the event website at the earliest possible opportunity. If the event has to be rescheduled or cancelled through no fault of the event organisers, no refunds will be made but entries will be transferred forward to the rescheduled or following year's event.



General Conditions

1. All Saltmarsh Half-Marathon participants must be 18 years of age or over on Saturday 5th October 2019.
2. All Saltmarsh Ultra-Marathon participants must be 20 years of age or over on Saturday 5th October 2019.
3. Closing date for entries is Monday 23rd September 2019 or earlier if the entry limit has been reached (400 individual competitors for the Half and 200 for the Ultra).
4. Incomplete entry forms will not be processed until all information and full payment has been received.
5. No entries will be accepted on the day and it is not permitted to swap your entry to another participant under any circumstances.
6. No allowance can be made for late arrivals.
7. Regrettably, dogs are not permitted except registered assistance dogs.
8. Participants must be in good health and be capable of completing route at a **minimum average speed of 3 mph**. Participants will have 5 hours to complete the 13.5 mile route and 17 hours to complete the 50 mile route. Advice should be sought if you are unsure of your capabilities.
9. Participants must keep to the prescribed route and act appropriately at all times.
10. Participants must follow all reasonable requests from event marshals and support staff.
11. The Race Director reserves the right to retire any participant at any point on the course if they deem it necessary on the basis of health & safety, participant wellbeing, failure to achieve cut off times and general fitness concerns.
12. Any Saltmarsh Ultra-Marathon participant who arrives at the Steeple (CP7) Checkpoint later than 9pm will be retired automatically on the grounds of wellbeing and safety.
13. Any participant who wishing to retire or leave the event route for any reason must do so at a Checkpoint or Water stop, informing a marshal or telephoning event control on the number provided immediately.
14. **Mandatory Equipment for all:**
 - Participants must wear and/or carry appropriate clothing for the prevailing weather conditions – the route is predominantly off-road, exposed, and with little opportunity for shelter. Should extreme weather be forecast leading up to the event day additional advice will be issued by the organisers via email, social media and the Saltmarsh 75 website.
 - All participants must display their participant number on their front and Ultra participants must ensure that they register with race officials at every checkpoint.
 - No headphones to be worn. This is for participant safety as some of the route is on a minor road and there are two railway crossings.
15. **Additional Mandatory Equipment for Ultra Participants:**
 - All participants must carry a charged mobile phone with the number that has been provided at registration..
 - Participants must carry a copy of the provided route description at all times, regardless of whether they have a GPX option
 - Participants must also carry a good quality torch or head torch, regardless of their expected completion time
16. The Saltmarsh Half-Marathon will have two water stops to support participant hydration.
17. Participants should not rely on food and drink provided by the event organisers and should carry at least 500ml of water or drink at all times, as well as any desired items like energy bars etc.
18. For the Saltmarsh Ultra-Marathon we can distribute small packages of your personal drinks, nutrition or equipment to your chosen major checkpoint(s) (n.b not to water stops). Please note that the definition of a small package would contain a 500ml bottle of drink, sandwich, snack bar and perhaps one or two small items of clothing. Anything larger than this will not be transported by the Saltmarsh Team.
19. Please ensure all your personal items are collected by the end of the event on Saturday. Any forgotten/lost property will be held at Saltmarsh HQ for 14 days. Any items not claimed and collected within the 14 days will then be redirected to a local charity shop or disposed of.



Cancellations / Refunds

Should you need to cancel your entry we must be notified in writing or email by the person who made the booking. Cancellations made earlier than 60 days (5th August 2019) before the closing date will be fully refunded minus a £5 admin fee. Cancellations made within 60 calendar days of the event but less than 30 calendar days will be refunded minus a £10 admin fee. Cancellations made within 30 calendar days of the event will not be refundable.

For the Saltmarsh Ultra-Marathon we are happy for you to defer your entry once, until the following year. You may do so up until the 5 days before the event. For the Saltmarsh Half-Marathon we are unable to offer entry deferral.

Data Protection

The data submitted with your entry is processed by Maldon District Council (the Data Controller) for the administration of this event only. It is only shared where necessary for the safe running of the event with medical & emergency response teams, event officials and the results service provider (name, event category and race number only). Any medical information and next-of-kin data is deleted three months after the event.

We do not share your data with any marketing companies and will only contact you in relation to this event, unless you give your permission below. We would like to keep your data to be able to keep you informed of future events.

Please indicate if we may contact you about future events

Phone Text Email Post

To change these permissions, or ask us to remove your data contact us at thesaltmarsh75@maldon.gov.uk

Further details about how we protect your data can be found in our Terms & Conditions on the Council's website www.maldon.gov.uk/terms. For more information, please contact our Data Protection Officer on 01621 876224 or dpo@maldon.gov.uk.