

Donadea Forest 10k Race Rules

- All runners must be over 18 years of age
- All runners participate in the run at their own risk
- All runners must complete the reverse of their race number before the run
- All runners must decide whether they are entering the run as an individual or team member when completing the entry form. You can not enter as both
- All chips must be returned at the end of the race or a €5 charge will apply
- Transfers of an entry to another person are permitted with the organisers consent up to 2 weeks before the event. The substitute must fill it in a new entry form from the Donadea running club website and sent it through to the address provided with your contact details and a signed authorisation enclosed. For safety reasons another runner can not run under your name.
- Refunds are not provided.
- For safety reasons no dogs, prams or cyclists are allowed on the course during the race.
- The organisers reserve the right to limit or refuse entries.
- If you intend to jog or run the 10k we strongly recommend you follow the training plan provided on the donadea running club website 6 to 8 weeks before the run.
- If you have a medical condition, please consult your doctor before participating in the run.