Ilkley Half Marathon & 5k 2025
Participant Code of Conduct

Please observe and respect the event rules, medical and health and safety measures put in place by the event organiser so that risks to you and others are kept to a minimum.

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- Do not travel to the event if you are unwell or have recently recovered from an illness that will impact your ability to participate in the event. Please remember that a half marathon is a serious test of fitness and if you try to complete this whilst ill you are more likely to need medical attention. If you have been seriously unwell recently, it is strongly advised that you should undergo a form of health screening prior to taking part in this event. This screening is best led by a doctor with specialist training in sports medicine however other doctors may feel competent to make decisions on your fitness to compete and to decide any appropriate investigations that might be required.
- Under no circumstances swap your number or give your place to another participant.
- Do your homework – make sure you are aware of and understand the pre-race briefing information that has been provided.
- Be respectful to volunteers and participants.
- Carefully consider your travel plans to ensure that you arrive in plenty of time and consider your impact on the environment.
- Ensure that you dispose of rubbish responsibly.
- If you require food (including energy gels) for the race, you will need to provide these yourself.
- There will be water stations on the course. Please dispose of water bottles and food wrappers in the bins provided on the course and do not dispose of these on the road (outside or drop zones) or surrounding areas.
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance.
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public.
    - Ensure a safe distance to other runners if passing, when turning corners and where the course narrows.
    - Don’t run with or carry children in the race.
    - Don’t run with pets in the race
- After passing the finish line, please continue to move and pass through the finish, water and medal area to enable runners to continue to cross the finish line.