

Regulation & Information / Medieval Run 2019

Medieval Run Informations

Saturday, May 18th, 2019

Big change this year !

- For security reasons, the municipal authorities require us to set up an outside car park for all participants of the Medieval Run, adults and children.
- The vehicles will have to stay outside Bouillon and bus shuttles will allow participants to access the race village.
- A large car park will take place at the "route de la chapelle de Buhan, in Noirefontaine (6831)".
- € 5 per vehicle will be requested, carpooling recommended.
- The withdrawal of bib is relocated and will be installed on the outside parking lot.
- Important, there will be no bib withdrawal at the race village.

Times of bibs withdrawals and start of race

- 8.00-9.15 am : Bibs withdrawal for Medieval Kids
- 9.30 am : Medieval Kids departure
- 9.15-12.00 am : Bibs withdrawal for Medieval Run 15km
- 10.30 am : Medieval Run 15km elite wave departure
- 12.00-3.00 pm : Bibs withdrawal for Medieval Run 8km
- 2.30pm : Medieval Run 8km wave 1 departure

Course and markup

- Typical course trail with beautiful and long portions of race outdoors where you can either recover while taking in the scenery of raise to save time.
- A significant different in altitude (+ 500 m) for the 15 km and more accessible for 8 km.
- 10% of the course will take place in urban areas with the crossing of the Castle and a passage on the banks of the Semois.
- The markup will be yellow with black writing Medieval Run.
- We ask you to respect our work, leaving hanging the ribbons, this will greatly help the following participants.

Timing

- Each participant will receive a timing chip to wear at your ankle. The chip must be returned at your passage on the finish line. You will be charged of €20 in case of no restitution.



Management

- Each obstacle will be monitored and secured by at least one marshal. They will be present to explain the rules of the obstacle and to apply them.

Obstacles

- Participants who are not part of the elite wave are not obliged to succeed or even try all obstacles. At any time you can avoid an obstacle.
- Thank you for listening to the obstacles instructions given by the Marshalls to pass them correctly and safely.
- Divers will be present on the set of water obstacles. It will be always possible to avoid these passages running hundreds meters more. This will of course be prohibited for participants in the elite wave.

Security and Medical Service

- An aid station will be present on the Medieval Run village and 2 mobile teams on the course. In case of injury, prevent the nearest Marshall who will relay information. The medical service will make the decision to let you continue the race or not and you have to respect that decision.
- Reminder, you must, in your physical activities, cover yourself with an individual insurance.

Supply

- During the 8km race, you'll get 1 supply during the course and 1 supply at the arrival.
- The 15km course will propose 2 refreshments during the course and 1 final supply at the end.
- 1: water supply, 2: complete supply (solid and liquid).

Showers

- 2 marquees will be installed as well as a shower system in order to provide hot water for men and women showers.



Left luggage

- A marquee will be installed to put in place a left luggage system covered and completely free.
- However, you will be authorized to leave only one bag per person.
- We are in no way responsible, in the event of loss, theft or other damage.
- Please take the bare minimum and avoid valuables.

Wave 15 km Elite race rules

- Compulsory wearing of the yellow chasuble Medieval Run, your number will be visible.
- All the obstacles are mandatory
- Upon arrival at each obstacle, please report aloud your bib number to the Marshall except for the first 4 obstacles which are all close to one another. He must note your number, if your number is not included in our listings, it means that you have not been through this obstacle, you will therefore be out of ranking.
- Wear of the compulsory bracelet. The ankle bracelet must be kept throughout the race to claim a qualifying place. A missed obstacle, the marshall will cut off the bracelet and you will therefore be out of ranking.
- An obstacle may be retried as many times as possible. It is imperative to get back into the queue before retrying the obstacle.
- Cut-off time fixed at 3 hrs racing
- No help between athletes.

Qualifying Places

- The 10 first men and women in elite and in each age category who have kept their bracelet and with the best lap times.
- 50% of competitors will be qualifying with a maximum of 10 per category.
Ex: 12 participants in age group 30-34, only 6 qualified.
- Age category:
 - 16-17
 - 18-24
 - 25-29
 - 30-34
 - 35-39
 - 40-44
 - 45-49
 - 50 +.

