



RULES AND REGULATIONS 2025

10 KM

ARTICLE 1 :

The Association Marathon de La Rochelle Serge Vigot organizes on November 30, 2025, a 10 km walking route.

ARTICLE 2 :

The test is open to licensed or non-licensed students born in 2010 or before. For all minors, parental permission will be required.

ARTICLE 3 :

The departure is at 8:45 am, avenue du Général Leclerc. The arrival is located at the foot of the Tours of La Rochelle, parking St Jean d'Acre. The time limit for the riders to complete the race is 1h30. Beyond this time limit, safety will no longer be assured and participants will be disqualified. A check will be made at the 5th kilometer on the course (time limit of passage to the 5th: 45 minutes).

ARTICLE 4 :

Under Article 5 of the regulation of running events, assistance to athletes in competition, including the use of one or more accompanying persons, is not allowed.

ARTICLE 5 :

Any decisions made by an umpire or official race judge for the regularity of the event may be appealed to the National CSR by complying with the appeal procedure as recommended in article 2.3.4 of the FFA general regulations.

ARTICLE 6 :

Race stewards supported by police forces will be available on the course to ensure the safety of the runners.

ARTICLE 7 :

Children and companions are not allowed on the finish line.

ARTICLE 8 :

A water supply station will be set up at Km 4.5 and Km 9 as well as a full supply on arrival.

ARTICLE 9 :

The amount of the inscription is fixed at 16 euros (timing and water bottle 50cl included). For FFA licensees a discount of 2 euros is applied at registration.

ARTICLE 10 :

Any athlete (including minor athletes) who is not licensed to the F.F.A. (licenses authorized by the FFA) must provide a health prevention pathway (PPS), less than 3 months old on the date of the race, on the website pps.athle.fr. It is expressly recalled that the runners participate in the competition under their own responsibility.

ARTICLE 11 :

It is appropriate for each of the runners to ensure that their commitment to the 10 km race is recorded correctly by consulting the list of entries on the Marathon website.

ARTICLE 12 :

The withdrawal of bibs can only be done on presentation of the good withdrawal bib (to download mid-November on our website) and an original identity document or photocopy. No bibs will be sent by mail or delivered on Sunday morning. The Marathon village is open on Friday afternoon 28 November from 15:00 to 20:00 and on Saturday 29 November from 09:00 to 20:30.

ARTICLE 13 :

For a smooth running of the event, the number of entries is limited to 3500. Registrations will be closed without notice upon registration of the 3500th commitment.

ARTICLE 14 :

Each arrival will be given a tshirt. There is no performance bonus.

ARTICLE 15 :

The 10 Km awards ceremony will take place at 3pm on Sunday, November 30, 2025, in the auditorium of the Espace Encan. Will be called to climb on the podium, the first 3 women and the first 3 men of the scratch classification. Only competitors present at the prize giving ceremony will be eligible for rewards and bonuses (sent approximately 1 month after the race or after the results of the anti-doping control). The performance bonus grid can be consulted on our website.

ARTICLE 16 :

The bib to be fixed in front is individual and nominative.

It can be given to a third party (only once) of his choice, at the latest 1 month before the race. The organization must validate the change of participant to update the runner record. Any person returning his bib to a third party outside this period and/ or without warning the organization will be held responsible in case of accident occurred or caused by the latter during the event. The 10 km bib is non-reassignable on the Marathon, Duo or Challenge Entreprises event, and this as soon as the commitment is received.

ARTICLE 17 :

In case of force majeure, natural disaster, prefectural decree, request of the administrative authority or any other reason beyond the control of the organizers or any other circumstance likely to endanger the safety of competitors, the organizers reserve the right to cancel the events, or to terminate them at any time, without the competitors being able to claim any refund or compensation.

ARTICLE 18 :

As part of the "Marathon eco-responsible" label, the organizers are very committed to respecting the environment by all participants of the events they organize. They remind that runners must respect the environment and in particular the spaces crossed by the races.

It is strictly forbidden to abandon waste (paper, packaging, cups...) on the course. Bins are available at each feeding station and "collection areas" are set up and marked at different points along the route. They must be used by competitors who must keep their waste in packaging until it can be disposed of in the places provided for this purpose.

The race management reserves the right to award time penalties or to shut down competitors who voluntarily throw their waste outside the defined areas.

ARTICLE 19 :

The organization disclaims any responsibility in case of theft or loss of personal effects that would occur during the weekend of the event.

ARTICLE 20 :

Image right. "I expressly authorize the organizers of the event and their successors such as partners and media to use or keep the still or audiovisual images on which I may appear, taken during my participation in the 10 Km event, on all media, including promotional and/or advertising materials, worldwide and for the longest period provided by law, regulations, treaties in force, including for any extensions that may be made to that period.", in accordance with the Data Protection Act of 6 January 1978.

ARTICLE 21 :

The personal data collected on the registration form are necessary for the organisation of the race. They may be stored or processed electronically in the context of prospecting or sending information. (e.g. newsletters).

Participants agree to receive various promotional materials, such as goodies, flyers, and samples, from the organization and its partners. These items may be distributed during the event, whether before, during, or after the race. These distributions are intended to promote the race partners and offer additional benefits to participants.

ARTICLE 22 :

Any competitor acknowledges having read these rules and accepting all the clauses thereof. We remind you that beyond the provision of a valid license or a PPS, it is up to any person to ensure that they are able to participate in the race for which they registered.

ARTICLE 23 : Modification du règlement

The organisers reserve the right to change these rules at any time if they are required to do so for safety reasons or if they are required to do so by the competent authorities.

In the event of publication of a new version of the regulation, the amendments enter into force as soon as they are posted on the website of the MMarathon of La Rochelle; they are taxable to competitors from this moment.

It is recommended that competitors periodically check the accuracy and relevance of the information they have on the race in which they are registered.

Under no circumstances can the organizers be held responsible for any damage, of any kind, resulting from the interpretation or use of information that is not current.