



VII  
21K

Gran Carrera  
del Mediterráneo  
The Greatest  
Mediterranean Race

Alicante  
Elche  
Santa Pola

2026

ORGANIZE

 MONTEMAR  
CLUB ATLÉTICO

 DIPUTACIÓN  
DE ALICANTE

 GENERALITAT  
VALENCIANA

8 november 2026

# REGULATION PARTICIPATION

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### 1 GENERAL ASPECTS

1. Club Atlético Montemar, in collaboration with the Honorable Provincial Council of Alicante and the City Councils of Alicante, Elche, and Santa Pola, organizes the **VII Gran Carrera del Mediterráneo 21K**, a 21,097.5-meter road race open to all individuals, whether federated or not, who are not subject to any type of sanction as of the registration deadline, are at least 18 years old on the day of the event, and meet the required conditions.
2. These **Participation Regulations** are governed by the regulations of the RFEA (Royal Spanish Athletics Federation), which can be consulted on the official RFEA website: [www.rfea.es](http://www.rfea.es).
3. The **VII Gran Carrera del Mediterráneo 21K** will take place on **November 8, 2026**. The race will start at **9:00 a.m.** from **Avenida de la Estación in Alicante**, and the finish line will be located on **Avenida Santiago Bernabéu in Santa Pola**.
4. The Organizing Secretary will be located at the offices of the organizing club at its facilities in **La Albufereta**; e-mail: [inforunners.montemar@gmail.com](mailto:inforunners.montemar@gmail.com), where inquiries will be handled.

### 2 PARTICIPATION REQUIREMENTS

The prior requirements that applicants must meet in order to participate in the event are as follows:

1. To be in sufficient physical condition to run the entire course, under their own responsibility.
2. To be capable of completing the race within the established maximum time.
3. Not to suffer from any illness, physical defect, or injury that could be aggravated by participation.
4. If the participant is a federated athlete: to hold a valid **NATIONAL federation license** issued by the Royal Spanish Athletics Federation (RFEA) and not be subject to any type of federative sanction.
5. If the participant does not hold a **NATIONAL federation license** issued by the Royal Spanish Athletics Federation, it is mandatory to purchase the one-day license from the Royal Spanish Athletics Federation (€3).
6. To be of legal age on the day of the event (18 years old).

Any person who does not meet these participation requirements will not be allowed to register for the event.

### 3 COMPETITION-RELATED ASPECTS

1. The **VII Gran Carrera del Mediterráneo 21K** is governed by the regulations of the RFEA. The course is officially certified by the RFEA, and therefore all times achieved will be official.
2. The course will be properly marked with signs indicating the corresponding kilometer number at each kilometer point.
3. In the interest of general safety and organization, the maximum time allowed for participants to complete the course will be limited as follows:

**5-kilometer checkpoint: maximum time of 45 minutes**

**10-kilometer checkpoint: maximum time of 1 hour and 20 minutes**

**15-kilometer checkpoint: maximum time of 2 hours and 00 minutes**

**20-kilometer checkpoint: maximum time of 2 hours and 50 minutes**

**Finish line: maximum time of 3 hours**

Any participant who fails to meet the maximum time limits at the checkpoints indicated above will be disqualified.

- 4.** Aid stations will be set up at approximately kilometers **5, 10, and 15**, where **sustainable waste containers** will also be provided.
- 5.** Race timing will be carried out using a **disposable electronic chip** attached to the race bib. Runners must collect it before the start of the race along with the runner's bag.
- 6.** Race controls will be in place at the start and finish lines, as well as at various points along the course. All participants must pass through these controls.
- 7.** The **VII Gran Carrera del Mediterráneo 21K** will provide the necessary **medical services** to assist runners during the event. The Organization recommends that all participants undergo a **medical check-up** prior to the race. By participating, all runners accept the risks inherent in sporting activity.
- 8.** A **bag drop / cloakroom service** will be available both at the start area and near the finish area. In both cases, it will be located in several trailer trucks. The Organization accepts no responsibility for valuables left in this area.
- 9.** The entire course will be **closed to traffic** and fully restricted in the direction of the race. The only vehicles authorized to follow the race will be those designated by the Organization.
- 10.** For safety reasons, participation in or presence on the race course with **dogs, baby strollers, bicycles, skates, or any other object** that could interfere with the progress of the race or pose a risk to other runners is prohibited.
- 11.** Participants will be covered by **accident insurance** through the RFEA one-day license or the license of federated athletes, as well as **civil liability insurance** covering incidents inherent to the race, in accordance with current legislation.
- 12.** Participants may not overtake the **official lead vehicle** under any circumstances, nor may they remain behind the **official closing vehicle**. Failure to comply will result in disqualification.
- 13.** Participation in the race and access to its services are **not permitted without an official race bib**.
- 14.** Accompanying participants on **bicycles or any other type of vehicle** is not permitted.
- 15.** Throughout the organization and development of the event, **basic environmental respect guidelines** will be observed.

## 4 REGISTRATION DETAILS

- 1.** Registration must be completed online through the **RunRun platform**, enabled by the Organization on the official race website.
- 2.** The Organization establishes a maximum of **6,000 participants**. If this number is reached before the end of any of the registration periods, registration will be closed.
- 3.** The latest date to register, provided that places are still available, will be according to the following periods:
  - I. Early Registration:** From January 15 until the first 1,000 registrations are completed or until February 28, 2026.
  - II. Promotional Registration:** From registration number 1,001 or from March 1, 2026 until May 30, 2026.
  - III. Summer Registration:** From June 1, 2026 until September 15, 2026.
  - IV. Final Stretch Registration:** From September 16, 2026 until October 25, 2026.
- V. Runner's Expo:** If race bibs are still available, registration will be possible on November 6 and 7.
- VI. No registrations will be accepted on race day.**

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**4.** The Organization establishes the registration fees for the different registration categories as follows:

**EARLY: 25 € - From January 15, for the first 1,000 registrations or until February 28, 2026.**

**PROMOTIONAL: 28 € - From registration number 1,001 or from March 1, 2026 until May 30, 2026.**

**SUMMER: 32 € - From June 1, 2026 until September 15, 2026.**

**FINAL STRETCH: 35 € - From September 16, 2026 until October 25, 2026.**

**RUNNER'S EXPO: 40 € - If race bibs are still available, on November 6 and 7.**

(\*) *The one-day license fee is not included in the registration price.*

(\*\*) *During online registration, participants may request the option to engrave their finishing time on the medal at an additional cost of €6. The cost will be €8 if contracted at the Runner's Expo and €10 on race day.*

(\*\*\*) *The bus transportation fee is €4.*

(\*\*\*\*) *If registration is opened at the Runner's Expo (Friday November 6 and Saturday November 7), the registration fee will be €40 + the one-day license (€3), plus management fees of €0.80.*

**5.** Registration payment may be made online through the RunRun registration platform on the official race website, using a secure payment gateway and credit/debit card, when required by the registration process.

**6.** Registration will not be considered complete until payment has been validated before the registration closing date. Once validated, a race bib number will be automatically assigned and confirmed by email along with the registration. Having an assigned bib number guarantees that the participant has been properly registered.

**7.** There will be five start corrals (boxes), distributed as follows:

- I. **RED-BACKGROUND BIB: up to 1:20**
- II. **GREEN-BACKGROUND BIB: between 1:20 and 1:35**
- III. **BLUE-BACKGROUND BIB: between 1:35 and 1:45**
- IV. **VIOLET-BACKGROUND BIB: between 1:45 and 2:00**
- V. **ORANGE-BACKGROUND BIB: over 2:00**

**8.** By completing the registration, all participants accept the general conditions of participation in this race and agree to comply with these regulations, assuming the risks inherent to the practice of athletics, without prejudice to the provisions of current legislation.

**9.** In compliance with Regulation (EU) 2016/679 of the European Parliament (GDPR) and Organic Law 3/2018, of December 5, on the Protection of Personal Data and guarantee of digital rights (LOPDP), we inform you that your personal data will be processed and incorporated into files under the responsibility of Club Atlético Montemar, with Tax ID G-03099749. The collection and processing of personal data are intended for participant registration and for providing information related to the VII Gran Carrera del Mediterráneo 21K. Club Atlético Montemar undertakes to comply with the technical, organizational, and security measures required under the GDPR and LOPDP. The personal data provided, as well as images captured during the event, will be used for purposes related to the event itself, its promotion, the publication of race results, and the promotion of future editions. You expressly authorize the transfer of your data to the Spanish Athletics Federation for the fulfillment of its own purposes, as well as the use of such data and images for the purposes described above and the use of images obtained during the course of the event to be used in any type of format and/or media outlet (print, website, communications, video, etc.).

By registering, you declare that you have been informed of the terms contained herein and expressly consent

to the processing of your personal data for the purposes stated above.

In any case, you may exercise your rights of access, rectification, erasure, restriction, objection to processing, data portability, and withdrawal of consent by contacting Club Atlético Montemar, Calle Virgilio, 25, C.P. 03016, Alicante, via email at [inforunners.montemar@gmail.com](mailto:inforunners.montemar@gmail.com), as well as by filing a complaint with the Spanish Data Protection Agency.

**10.** The collection of race bibs, timing chips, and runner's bags will take place at the **Runner's Expo**, located at the **Palace of the Provincial Council of Alicante**.

**FRIDAY, NOVEMBER 6 – From 5:00 p.m. to 8:00 p.m.**

**SATURDAY, NOVEMBER 7 – From 10:00 a.m. to 8:00 p.m.**

**SUNDAY, NOVEMBER 8 – Morning from 7:00 a.m. to 8:30 a.m.**

**11.** To collect the race bib and chip, it will be necessary to present a national ID (DNI) or Passport. They may also be collected by another participant with written authorization (downloadable from the race website) and a copy of the runner's ID.

**12.** In the event that the race must limit the number of participants due to COVID-related restrictions, priority will always be given based on registration order, from earliest to latest.

**No registrations will be accepted on race day.**

## 5 SPECIAL FEATURES OF THE RACE

**1.** The **age categories** for the **VII Gran Carrera del Mediterráneo 21K** are established as follows:

Participants will be ranked by category, but no prices are awarded by category.

Minimum age to participate on race day: 18 years

All ages must be reached by the day of the race.

<b>Sub-20 M / F:</b>	<b>18 and 19 years</b>
<b>Sub-23 M / F:</b>	<b>20, 21, and 22 years</b>
<b>Senior M / F:</b>	<b>23 to 34 years</b>
<b>Veteran M 35 / F 35:</b>	<b>35 to 39 years</b>
<b>Veteran M 40 / F 40:</b>	<b>40 to 44 years</b>
<b>Veteran M 45 / F 45:</b>	<b>45 to 49 years</b>
<b>Veteran M 50 / F 50:</b>	<b>50 to 54 years</b>
<b>Veteran M 55 / F 55:</b>	<b>55 to 59 years</b>
<b>Veteran M 60 / F 60:</b>	<b>60 to 64 years</b>
<b>Veteran M 65 / F 65:</b>	<b>65 to 69 years</b>
<b>Veteran M 70 / F 70:</b>	<b>70 to 74 years</b>
<b>Veteran M 75 / F 75:</b>	<b>75 to 79 years</b>
<b>Veteran M 80 / F 80:</b>	<b>80 to 85 years</b>
<b>Disability Wheelchair Athlete M / F</b>	
<b>Disability Sensory Disability M / F</b>	
<b>Disability Physical Disability M / F</b>	
<b>Disabilityo Disability M / F</b>	

2. All trophies not collected on race day will remain at the disposal of the Organization.
3. The category will be assigned automatically when the participant enters their date of birth during registration.
4. Registration of participants with disabilities: The four categories, for both men and women, are:
  - 1) Athlete with sensory disability (hearing and/or visual).
  - 2) Athlete with physical disability.
  - 3) Athlete with intellectual disability.
  - 4) Athlete with physical disability in a wheelchair.All runners included in one of these four categories will receive a 50% discount on the registration fee, always respecting the registration periods and deadlines established in the regulations. Guides accompanying runners with visual disabilities are entitled to free registration, with only one guide permitted per visually impaired runner.
5. In cases of doubt or dispute regarding age or category assignment, the Organization may request supporting documents to verify eligibility.

## 6 PARTICIPANT REQUIREMENTS

1. The course is included within the race's self-protection plan, meeting the necessary conditions for the safe participation of runners, provided they do not leave the designated route, respect the general and specific participation conditions, and follow at all times the instructions given by the Organization or law enforcement authorities.
2. Participants must remain within the designed and cordoned-off circuit at all times, between the lead vehicle and the closing vehicle.
3. By registering, the participant accepts the risks associated with the activity in the conditions and location of the event (such as joint or muscle injuries, chafing, overexertion, or complications from pre-existing medical conditions or injuries that may be aggravated by physical activity). The course is fully suitable for running and is approved by the RFEA.
4. The Organization will provide the necessary medical services to assist participants during the race and upon completion.
5. The Organization recommends that all participants undergo a medical examination prior to the race. By participating, all runners accept the risks inherent to the sporting activity.
6. At the time of registration, the participant declares themselves physically fit for the event. However, runners with special medical conditions (allergies, intolerances, diabetes, etc.) are required to notify the Organization in writing beforehand and must request a special label when collecting their bib, indicating on the back their specific condition, contact phone number, and emergency contact name. This label must be placed in a visible location during the race.

### 7. All participants, by registering, agree to the following declaration:

*"I participate in the event completely voluntarily and consciously accept its difficulty, considering its distance and technical challenge. I declare that I have the necessary technical knowledge, experience, and physical and psychological condition to face the characteristics of the race."*

*I declare that I am in optimal health to participate in the VII Gran Carrera del Mediterráneo 21K, fully confident in my physical and psychological fitness, and having successfully passed any relevant medical*

*checks, ruling out any illness, pathology, injury, or health problem that would advise against my participation. If my health condition changes before the race, I commit not to participate.*

*During the competition, I will cooperate with the Organization as much as possible to avoid accidents and maintain appropriate behavior, not endangering my health or that of others. I accept to comply with the regulations of the VII Gran Carrera del Mediterráneo 21K, the safety protocols, and the instructions established by the Organization.*

*I also authorize the Organization to use photos, videos, and any other audiovisual material in which I may appear for promotional purposes, accepting the publication of my name in the race results, in media, and/or online, without expecting any payment, compensation, or reward."*

**NOTICE:** The Organization recommends that runners undergo a medical check-up prior to the race. All participants accept the risks inherent to the sporting activity.

### 8. Participation is not permitted without this authorization.

9. Each participant is responsible for the accuracy of the information provided during registration.

10. Participation in the race is not allowed without prior registration.

11. Registration fees are non-refundable, except if the race is canceled due to reasons attributable to the Organization.

## 7 PRIZES, TROPHIES, AND MEDALS

1. The following cash prizes are established for the general classification (both men and women):

1st place: 500 €

2nd place: 400 €

3rd place: 300 €

2. A trophy will be awarded to the top five FINISHERS in both the men's and women's general classification.

3. Every participant who crosses the finish line will receive a commemorative medal for this edition.

4. Failure to attend the awards ceremony or to claim the award within 30 days after the race will result in loss of the right to receive the trophy or prize.

5. According to **World Athletics rules**, **anti-doping controls** may be carried out. Cash prizes will not be awarded until the results of these controls are confirmed.

6. The Official Time will be measured from the start of the race to crossing the finish line, while the Net Time is for informational purposes only. Timing will be done using the bib-chip system provided by EVEDEPORT.

## 8 SANCTIONS

### DISQUALIFICATIONS

The following actions may result in **disqualification** by the race judges:

1. Failure to comply with the RFEA regulations for these events.

2. Registering with false information.

3. Failing to follow the instructions of the Organization and/or Judges during the race.

4. Exhibiting unsportsmanlike behavior.

5. Not completing the full course or failing to pass through any established control points.
6. Not wearing the timing chip in the indicated location during the race.
7. Not wearing the bib visibly on the chest, wearing it incorrectly, or wearing it manipulated or folded.
8. Wearing the bib advertising cut or altered.
9. Participating with a bib assigned to another runner.
10. Using a bib not authorized by the Organization.
11. Crossing the finish line without a bib.
12. Refusing to undergo anti-doping control.
13. Participants who cross the finish line with baby strollers or accompanied by minors will be disqualified.
14. Participants who are accompanied by runners without a bib will be disqualified.
15. Disqualified runners will not be eligible for prizes or trophies.

## 9 CLAIMS AND COMPLAINTS

1. If a participant or club wishes to submit a claim, it must be done no later than 30 minutes after the official race results are published. The claim must be presented to the Chief Judge, who will resolve it, and whose decision is final and binding.
2. If the claim affects the participation of a runner, it must be submitted before the start of the race. If the matter cannot be satisfactorily resolved before the race begins, the runner will be allowed to participate "under protest". In this case, the claim will be resolved afterward by the competent officials.
3. In accordance with Article 146.11 of the World Athletics Competition Rules, the decision of the Chief Judge is final and no further appeal is permitted.

## 10 MISCELLANEOUS ASPECTS

1. Any matter not covered in these Participation Regulations or in the corresponding Regulations/Announcements will be governed by the provisions of the World Athletics International Regulations (Spanish version).
2. Only awarded participants and teams are allowed to ascend the podium; no other persons may do so. Additionally, flags, banners, or similar items are not permitted on the podium.
3. Failure to comply with these rules may result in disqualification.
4. The Organizing Committee reserves the right to interpret the articles, and may establish, modify, or remove new rules.
5. The Organization reserves the right to refuse admission to any person who is under sanction or awaiting a resolution from any sports authority.
6. The Organization reserves the right to modify the registration process, notifying participants in advance through the official race website.
7. **By completing registration, all participants accept the General Conditions of Participation and confirm that they have read them.**
8. Changes to start boxes will be allowed only if the box has sufficient capacity.
9. As a general rule, boxes will be assigned based on the participant's requested box during registration.



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**10.** If you need to move to a faster box after the initial registration process—because you submitted an incorrect time or requested a box that does not correspond to your best time—it can be done by requesting a change via email at [inforunners.montemar@gmail.com](mailto:inforunners.montemar@gmail.com).

**11.** If you want to start from a slower box, no change is necessary; you may begin the race from a more delayed box on race day.

**12. Change of bib holder.** To transfer a bib to another person, the current bib holder must request it via email ([inforunners.montemar@gmail.com](mailto:inforunners.montemar@gmail.com)), providing a photo of their ID and their registration code. **The cost is €5.**

**13. Withdrawal due to injury.** A refund may be requested in the event of injury by emailing [inforunners.montemar@gmail.com](mailto:inforunners.montemar@gmail.com) under the following conditions:

- A refund minus €5 for administrative fees will be granted if a medical certificate with the corresponding diagnosis is provided.
- The deadline to submit the request and documentation is October 10, 2026, or the registration closing date, whichever comes first. After this date, no refund will be possible.

Refunds will be made through the same payment method used for registration (credit card or bank transfer) once the medical documentation has been verified.

**For any clarification or questions, participants may contact the Organization via email at [inforunners.montemar@gmail.com](mailto:inforunners.montemar@gmail.com) or through the official race website.**