



UTA22 Rules

1. You must complete the marked course on foot under your own power.
2. It is not permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in banning both parties from competing in the event in future years.
3. Trekking poles are not permitted to be used until the turnaround on Glenraphael Drive due to creating a dangerous tripping hazard.
4. Trekking poles must be fully collapsible so they can either fit inside your running pack or be strapped to the outside of your running pack when not in use. Trekking poles must not be held in your hands and must not protrude from your running pack or body at times when their use is not permitted.
5. If you are planning to use trekking poles after the turnaround on Glenraphael Drive you must start the race at the back of the field in the last start group.
6. Trekking poles are permitted to be used without restriction after the turnaround on Glenraphael Drive however they must be used in a safe manner so as not to affect the safety of other runners or tourists on trails.
7. Your race number must be visible at all times on the outside of your clothing and on the front of your body over your belly or chest. It must not be worn on your pants or leg. Do not cover over your race number with any backpack strap or article of clothing such as thermal top or waterproof jacket (including see-through jackets). Refer to [Race Number Wearing Instructions](#).
8. You must not fold, cut or change your race number in any way. It must be worn as is, unfolded.
9. Your bag timing tag must be attached securely to the back of your running backpack. If you change backpacks during the event you must re-attach the bag tag to your new backpack. Refer to [Instructions for Attaching Bag Timing Tag](#).
10. The wearing of iPods or other music players with headphones is not recommended. This is both for safety and so you don't hold up faster runners on the single track sections of the course. If you choose to use them it is up to you to use them in a sensible and safe manner so that you remain aware of your surroundings at all times.
11. If you need First Aid help on the course you must use the phone numbers on your Participant Emergency Instructions Card to contact the Event Safety Team who will arrange to retrieve you. Supporters, spectators or any unauthorised persons are not allowed to enter the event course to collect runners.
12. You must stay on the marked course. Short cuts are not permitted. If you get lost return to the last sighted marking.
13. You must carry your own Mandatory Gear at all times during the event. Random gear checks will be performed during the event. For the sake of fairness to all runners, a 40 minute time penalty will apply for every item that is missing. For on-course gear checks, this time penalty will be served at the location of the gear check so a runner will not be able to proceed on course until the time penalty is served. During this time, the runner must arrange for the missing item(s) to be replaced or they will not be allowed to continue on course even after the time penalty has been served. For severe breaches of mandatory gear or failure to comply with the requests of event marshals, the runner may be disqualified. Where it is not feasible to serve a time penalty on course, the time penalty will be added to the runner's overall race time. The breach will also be listed within the results spreadsheet. Take special note of what to do with your waterproof and breathable jacket and the long sleeve thermal top.
14. You must obey directions of checkpoint staff or course marshals and withdraw from the race if you miss any time cut-offs at checkpoints or on course.



15. Littering is prohibited.
16. You must not leave human faeces on the track. If you need to poo either use a toilet, a wag bag or get well off the track and use leave no trace principles.
17. You must not take dogs into National Parks.
18. You must not smoke in the National Park.
19. You must obey any information signs such as track closures, etc.
20. Leave gates as you find them. If closed, you may open it to pass through but it is your responsibility to close the gate after you.
21. Outside assistance is not permitted. Assistance from event staff is fine.
22. Spectators are not permitted to run with or pace runners.
23. Pacers are not permitted.
24. Only Event officials are allowed to enter the event course to collect runners.
25. The event organisers reserve the right to discourage and/or penalise behaviour that is considered unsporting.
26. Breaking any of the rules may incur a time penalty, disqualification or pre-race withdrawal. Any such penalties are at the organisers' discretion and are final.