Talan's Notorious Trail

Race Rules - 6, 12 and 24 Hour Events

Solo, pairs and team looping trail event. Course approximately 5 miles.

1. General

1.1 The event is organised by Bude RATs Run and Tri under a UK Athletics / England Athletics race licence and Trail Running Association requirements where applicable.

1.2 UKA event rules apply, together with these event-specific rules. Where these event-specific rules deal with the format of the event, timing, laps, relay handovers or results, those rules shall apply to the extent permitted by UKA rules and the event licence.

1.3 By entering, participants agree to comply with these rules, UKA rules where applicable, and all reasonable instructions given by the Race Director, organisers, marshals or event officials.

1.4 The Race Director is the final decision-maker on all matters relating to results, rule interpretation, safety and conduct. The Race Director's decision is final.

2. Event Format

2.1 The event is a timed endurance trail race with 6 hour, 12 hour and 24 hour options.

2.2 Entrants may compete as solos, pairs or teams, depending on the category entered.

2.3 The objective is to complete as many full laps of the course as possible within the relevant event window.

2.4 Pairs and teams are relay events. Except for the final lap team-finish exception set out below, only one runner from a pair or team may be out on the course at any one time.

3. Course

3.1 The course is an approximately 5 mile looped trail route.

3.2 The route will be marked at key points, but it may not be fully marshalled throughout. Runners are responsible for following the correct route at all times.

3.3 Runners must remain on the marked route. Cutting corners, taking shortcuts or deliberately deviating from the course may result in disqualification.

3.4 The course includes trail, tarmac and road sections. Runners must take personal responsibility when crossing or using roads and must not assume that traffic will stop.

4. Timing, Laps and Results

4.1 All competitors must wear the issued timing ankle tag. Each runner must pass over the start timing mat with the ankle tag at the start of their lap and must complete their lap by passing over the finish timing mat with the ankle tag.

4.2 A lap will not be counted if the runner is not wearing their timing ankle tag or the tag is not worn correctly on the ankle.

4.3 Final standings are determined first by total number of completed laps, and then by the fastest time to complete those laps.

4.4 In the event of a tie on laps and time, the result will be determined by the earliest finishing time of the final counted lap.

4.5 Runners may start a final lap at any point before the end of their relevant event window: 6 hours, 12 hours or 24 hours.

4.6 A lap started before the cut-off will count provided it is completed within 2 hours of the cut-off time.

4.7 Example: the 24 hour event finishes at 9:00am. A runner starting a final lap at 8:59am may count that lap provided it is completed by 11:00am.

4.8 Any lap not completed within the 2 hour extension window will not be counted.

4.9 All results are provisional until confirmed by the organisers.

5. Relay Rules - Pairs and Teams

5.1 Pairs and teams are relay events. Save for the final lap team-finish exception in Rule 5.8, only one runner from each pair or team may be out on the course at any one time.

5.2 Each lap must be completed in full before the next runner begins, unless an abandoned lap is declared in accordance with Rule 6.

5.3 Handover must take place after the incoming runner has crossed the finish line and before the outgoing runner crosses the start line.

5.4 All handovers for pairs and teams must take place within the designated Transition Area at the start/finish field. The incoming and outgoing runners must meet within the Transition Area to confirm the changeover, in the same way as passing a baton in a relay race. Runners must not hand over anywhere else on the course or in the car park.

5.5 The outgoing runner must not start until the incoming runner has completed their lap.

5.6 Teams may choose any running order and may complete multiple consecutive laps per runner.

5.7 A pair or team must not have more than one runner on the course at the same time, except for the final lap team-finish exception below.

5.8 On a pair or team's final lap only, additional members of that pair or team may join the nominated runner on the course for the purpose of a team finish.

5.9 Only the nominated runner's lap will count towards the pair or team's result.

5.10 All team members taking part in the team finish must cross the finish line together at the same time.

5.11 The team finish must not obstruct, impede, pace or interfere with any other runner or team.

5.12 The Race Director may refuse to count the final lap, apply a penalty or disqualify a team if a team finish is unsafe, unfair, obstructive or contrary to the spirit of the event.

6. Abandoned Lap

6.1 Any runner, whether competing solo, in a pair or as part of a team, may abandon a lap at any time due to injury, illness or any other reason.

6.2 Before starting a new lap, the runner must speak to the Race Director (or a designated event official) and confirm that the previous lap has been abandoned.

6.3 The abandoned lap will not count and will be deleted from the runner's, pair's or team's results.

6.4 To start a new lap following an abandonment, the runner must cross the start timing mat as if beginning a fresh lap. Distance already covered on the abandoned lap will not be credited.

6.5 For pairs and teams, the timing ankle tag must also be returned to the start / finish area before a replacement runner begins.

6.6 Once the ankle tag has been returned and the Race Director has confirmed the abandonment, the pair or team may continue, with the next runner starting from the official start line.

6.7 A replacement runner must not start before the ankle tag has been returned and the abandonment has been confirmed by the Race Director.

7. Safety and Mandatory Kit

7.1 Runners must exercise caution and awareness at all times, particularly on uneven ground, road crossings and sections shared with the public.

7.2 Headphones are not permitted, save for bone-conducting headphones where allowed by the organisers. Runners must remain able to hear instructions and traffic at all times.

7.3 For the 12 hour and 24 hour events, headtorches must be carried from 8:00pm. Runners must also attach a flashing red light to their back during hours of darkness.

7.4 Mobile phones are strongly recommended for all runners.

7.5 HEAT, HYDRATION AND WEATHER CONDITIONS: Runners are responsible for managing their own hydration, nutrition, clothing, sun protection and rest during the event. The event may take place in warm or changeable weather conditions, and runners should take sensible precautions.

7.6 Any runner who feels unwell, dizzy, confused, faint, unusually weak or otherwise unable to continue safely must stop and seek assistance. The Race Director, organisers or medical team may withdraw any runner who is considered unfit to continue.

7.7 No runners with dogs are permitted.

8. Conduct, Litter and Penalties

8.1 Runners must not litter. All gel wrappers and waste must be carried to the finish area and placed in suitable bins or taken home.

8.2 Abuse of officials, marshals, volunteers, landowners, members of the public or other runners will not be tolerated.

8.3 A breach of these rules may result in a lap being deleted, a time penalty, disqualification or any other action considered appropriate by the Race Director.

9. Withdrawal and First Aid

9.1 Any runner withdrawing from the event must notify the organisers and return their timing ankle tag.

9.2 If a runner is injured or unable to continue, they should notify the nearest event official or contact the event medical team or Race Director if safe to do so.

If a runner comes across an injured runner on the route, they should contact the Race Director and/or the on-site race medics as soon as it is safe to do so. Runners should also alert an event official or another runner if needed. Please look out for each other out on the course.

9.3 The organisers may withdraw a runner if, in their opinion, it is unsafe for that runner to continue.