

Talan's Notorious Trail

16+ Years Single Loop - Race Rules

Single timed loop of the approximately 5 mile course.

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.
- 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** This is a single timed loop of the course, open to competitors aged 16+ inclusive.
- 2.2** All age restrictions are set out by the Trail Running Association.
- 2.3** This is an individual (solo) race; there is no pairs or team category for this event.

3. Course

- 3.1** The course is an approximately 5 mile looped trail route, the same course used for the 6, 12 and 24 hour events.
- 3.2** The route will be marked at key points, but it is not marshalled for the majority of the course. This is a self-navigated race, and competitors are responsible for knowing and following the route, so please familiarise yourself with it before race day.
- 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 and Results

- 4.1** All competitors must wear the issued timing ankle tag, and must cross both the start and finish timing mats.
- 4.2** A result will not be counted if the runner is not wearing their timing ankle tag or the tag is not worn correctly.
- 4.3** Final standings are determined by finishing time.
- 4.4** All results are provisional until confirmed by the organisers.

5. Safety and Mandatory Kit

- 5.1** Runners must exercise caution and awareness at all times, particularly on uneven ground, road crossings and sections shared with the public.
- 5.2** 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.
- 5.3** Mobile phones are strongly recommended for all runners.
- 5.4** HEAT, HYDRATION AND WEATHER CONDITIONS: Runners are responsible for managing their own hydration, nutrition, clothing, sun protection and rest during the event.
- 5.5** Any runner who feels unwell, dizzy, confused, faint, unusually weak or otherwise unable to continue safely must stop and seek assistance.

5.6 No runners with dogs are permitted.

6. Conduct, Litter and Penalties

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

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

6.3 A breach of these rules may result in disqualification or any other action considered appropriate by the Race Director.

7. Withdrawal and First Aid

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

7.2 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.

7.3 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.

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