
Rules & Regulation

Rules & Regulation

SEMI-SELF- SUFFICIENCY

- 1) Runners must complete the set course on foot by their own power and ability within the stipulated time;
- 2) No trekking poles is allowed for runners of all categories;
- 3) A number of water station points will be set up along the routes, which are from 5.5km to 11.5km apart;
- 4) Drinking cups will not be provided at any of the water station points; runners must have their own cup or other personal container suitable for the purpose;
- 5) No pacers are allowed to run along with the runners for all categories;
- 6) Personal assistance (support crew) along the running route is Not Allowed for 50km and 100km categories. Assistance is permitted at water station points, provided the areas reserved for runners are not encroached upon and that the road regulations are complied with;
- 7) Personal assistance (support crew) is allowed for 200km category only. However, all the mandatory items must be carried by the runners at all time. Support crew is not allowed to carry these mandatory items for the runners.

The support crew is restricted to a maximum of 1 car and not more than 3 crew members per runner. Only two crew teams in total will be allowed to rotate the support duties.

The support crew must be registered with the race organizer to obtain approval by TITI Organizer. A "Support Crew" sticker will be issued and need to be stuck and displayed clearly on the support car.

RUNNERS RESPONSIBILITIES

- 1) Runners must understand the unique nature and requirements of competing in an ultra-long distance road running race. He/she will be running all day and night on the road. He/she must have undertaken the necessary training to compete in such a race.
- 2) Runners will be responsible for his/her self safety by having the ability and skills to deal with any problems that may be encountered during the race of this nature.
- 3) Runners must be able to undertake or deal with on his/her own without any other external assistance during the deteriorating weather conditions (e.g. raining, strong winds, hot sun and etc..) and other unforeseen circumstances arises while running on the road.
- 4) Runners who accept any assistance and support from any person may be disqualified.
- 5) In the event of a runner meeting another runner who is in health difficulty or injured, he/she must stop to help and inform the race organizer to seek for medical assistance. Failure to do so may result in penalties or disqualification being imposed to the runner or runners concerned.

MANDATORY ITEMS

By entering the race, each runner undertakes to take with him/her all the mandatory items as listed below throughout the race.

Failure to do so will result in application of the time penalties or disqualification;

Mandatory items (gear checks will be carried out on all runners before the race starts, and spot checks may be carried out along the route during the race, including the top 10 runners of every categories):

- 1) One working headlamp/torch lights (for 50km & 100km runner) or two working headlamps/torch lights (for 200km runner) with spare batteries. During the day time, these torch lights may be stored at the drop bags. It is the runner's responsibility to have the headlamps/torch lights during the night. So do plan the pickup of your headlamps accordingly.;
- 2) Reflective vest "and" any bright back blinking accessories; So you need both items during the race. (During the day time, these may be stored at the drop bags, but it is runner's responsibility to have the reflective vest and blinking accessories during the night. So do plan the pickup of your reflective vest and blinking accessories accordingly.)
- 3) Water bottles or hydration bag with a minimum capacity of 500ml;
- 4) Whistle;

- 5) Mobile phone;
- 6) Foldable cup or other container suitable for drinking at the water station points;
- 7) Emergency blanket;

Recommended (not compulsory):

- 1) Sport foods & Gels;
- 2) Rucksack or waist bag;
- 3) Elastic adhesive bandage that can be used as a dressing;
- 4) Head gear or cap or bandana;
- 5) Sun UV block;
- 6) Change of clothes and running shoes;
- 7) Waterproof jacket;
- 8) Cash
- 9) Route Map and Elevation Map.

BIBS

- 1) Each bib is given individually to each runner in the Race Pack, upon presentation of suitable identity document;
- 2) Each runner will be given one bib number: this must be worn and clearly visible on the chest or stomach or on the back of the backpack carried by the runners;
- 3) The bib number is required for access to the water station areas, treatment and rest rooms, bags, etc;
- 4) To encourage more participation, Bib is transferable 7 weeks before the race date (before registration closed). Thereafter, no race bib is transferable and no fee is refundable;
- 5) No fee is refundable, even in the event when the race may be canceled or postponed.

RACE COURSE MARKERS

- 1) The race course will be marked with reflective tapes and signs for every 3km of the course and at major junctions;
- 2) Runners must follow the directions given by the race organizer during the race briefing;

DROP BAGS (FOR 100KM & 200KM RUNNERS)

- 1) There is no drop bag for 50KM runners;
- 2) 100KM runner is only allowed 1 drop bag at CP5.
- 3) 200km runner can place up to 2 drop bags during the race, one at CP5 (48km 1st loop & 148km 2nd loop) and starting point of 2nd loop (starting point 100km and Finishing point 200km);
- 4) 100KM/200KM runner may choose not to deposit any drop bags. This is not a compulsory requirement;
- 5) Drop bag must be clearly labeled with runner's name and bib number;
- 6) Drop bag size is not more than 2 ft x 2 ft or 5kg;
- 7) Fragile or valuable items should not be placed in the drop bags;
- 8) Bags with objects attached to the outside will not be transported.
- 9) If a runner pulls out of the race, his/her bag will be transported to the race finishing point, where he/she may collect it upon presentation of his/her bib number. The runner shall understand that the timing of the return of his/her drop bag will be subject to the schedule of the race shuttle bus/trucks;
- 10) The organizer may not be held liable for the loss or damage of any objects during transport of the drop bags;
- 11) Drop bags must be given to race organizer at the start line 1 hour before the race starts;

SAFETY AND MEDICAL ASSISTANCE

- 1) In order to ensure race safety, race organizer will prepare and arrange for rescue and medical assistance during the race. However, each participant must recognize and understand that there are risks of injuries and/or accidents associated with road running. Runners are participating in this race at his/her own risk;
- 2) While the race organizer has purchased Public Liability Insurance for this event, it is strongly recommended that the runners have obtained an adequate Personal Medical Insurance coverage;
- 3) Medical points will be set up at certain water station points;
- 4) If necessary, and in the interests of the person being rescued, at the exclusive discretion of the organizers, the official medical rescue services may be called upon to take over operations, using any means they consider appropriate, including an ambulance. Any costs deriving from such exceptional transport will be charged to the person who has been rescued;
- 5) Depending on the runner health conditions, an emergency evacuation may be required. This emergency evacuation will be at the expenses of the person being rescued;
- 6) The official race medical assistants are authorized to withdraw from the competition any runners that they consider as unfit to continue or are in danger. The runner bib will be removed as part of the DNF (Did Not Finish) procedures;
- 7) If a runner drops out from the race, runner must first inform and register with the nearest checkpoints that he/she is dropping out. Proper "DNF" procedure should be followed and completed before the runner is allowed to leave the event;
- 8) In case of an emergency, if you are unable to reach the race headquarters, you can also call the public emergency number '999' directly for help;
- 9) The cell phone coverage is limited at certain areas on the race route. However it is still mandatory for runners to carry their cell phone for emergency purpose.

CHECKPOINTS OR WATER STATION POINTS

- 1) The timing will be recorded at the checkpoints/water station points established by the organizers;
- 2) Only runners sporting their regular bib number will have access to the water station;
- 3) Drinks will be provided at every water station;

- 4) No water cups will be dispensed to the runners. Runners will need to use their own cups or containers for any drinks served at the check points or water stations;
- 5) Food will also be provided at some main water station;
- 6) The route map, which can also be downloaded online, will contain accurate indications of the water station points;
- 7) The organisers reserve the rights to carry out checks at other points along the route;
- 8) Food and water at the water station points are solely for runners and support crews with bibs only.

MAXIMUM RACE TIME PERMITTED AND CUTOFF Times

The maximum time allotted for completion of the race are:

50KM – 10 Hours

100KM – 18 Hours

200KM – 40 Hours

In the event of poor weather conditions and/or for safety reasons, the organizers reserve the rights to suspend the race or to make changes to the cutoff times;

DNF (Did not Finish) PROCEDURES

- 1) Runners may DNF voluntarily or by missing the stipulated cutoff times at various checkpoints along the race course;
- 2) Runner who decides to pull out voluntarily **must proceed** to the nearest checkpoint, inform and register with the race staffs by signing a DNF Form, and the bib will be specially marked to indicate the DNF status of the runners.
- 3) Runner who **fails to notify the organisers** immediately, thereby setting in motion a search and rescue operations by the rescue staff, will be liable to pay for any costs deriving there-from;
- 4) Runners who fail to arrive at the checkpoints within the stipulated cutoff times will not be allowed to continue running in the race. He/she will have his/her bib specially marked, and a DNF Form will need to be signed;

- 5) Runner who has DNFed from the race are not allowed to continue his/her run. IF he/she insists on continuing running, he/she is NO LONGER in this event, and will be running entirely on his/her own accord and at his/her own risk;
- 6) The DNF runners should rest at a bright, safe place with sufficient phone coverage) and wait for a non scheduled race shuttle for pick up and delivery to the finish point;
- 7) If runner is unable to move on his/her own, either return to the nearest water station point he/she has just left or to the next water station point, please contact the emergency number '999' or the race headquarters to seek for assistance.

PROHIBITED ACTIONS

- 1) Not carrying the mandatory items during the race, including not wearing reflector vest or bright blinking accessories during the night;
- 2) Taking shortcuts and/or running off the track;
- 3) Throw any garbage along the running route. This apply to both the runner, race staffs and his/her supporters;
- 4) Cheating (e.g. using other means of transportation, using substitute runners and other unlawful actions);
- 5) Not abiding by the rules and regulation given by the race organizer and official race staffs including medical assistants, emergency staffs and marshals;
- 6) Not wearing the race bib at all times during the race;
- 7) Continue to run after the cut off time without the agreement of race officials;
- 8) Doping and the use of prohibited drugs;
- 9) Sleeping along the route course is prohibited as it will have a large impact on the environment, safety and may also mistakenly lead others to think that you might require emergency medical assistance;
- 10) Running with his/her supporters

PENALTIES

Breaking of any rules may incur a time penalties or disqualification. Any such penalties are at the organizer's discretion and are final.

COMPLAINTS

Suggestions must be in writing and must be presented after the closing ceremony of the event at the finishing point or send to titultra@hotmail.com

CHANGES TO THE ROUTE OR TO THE TIME DEADLINES – CANCELLATION OF THE RACE

- 1) The organizers reserve the rights, at any time and without prior notice, to make changes to the route and checkpoints/water station points or to the time deadlines;
- 2) In the event of adverse weather conditions (a strong depression with heavy rain), the start of the race may be postponed for 6 hours at most, after which time the race will be cancelled;
- 3) Where necessary, the organizers reserve the rights to make changes to or eliminate certain stretches of the route

RANKINGS AND PRIZES

- 1) The race winner of each categories will be the runner that takes the shortest time (Gun time) to reach the finish point;
- 2) Reaching the Finishing Point will be considered as an achievement in itself, and each runner will be given a prize in recognition of his or her efforts.
- 3) Reaching the checkpoints/water station points along the route does not in itself entitle the runner to a place in the rankings and the corresponding points awarded for a qualifying race;
- 4) **To be awarded, runner must complete the overall race within the final cutoff time of the race;**
- 5) No prize money will be given;
- 6) For 50km, and 100km, each runner who completes the race within different cut off time categories will be given a "Gold, Silver, Bronze Award Finisher" or "Finisher" prize. 200km runners who finish within 32hours are entitled as a "Gold Award Finisher";
- 9) Prizes will be awarded to the first TEN finishers in 200km categories. (unisex);
- 9) Prizes will be awarded to the first TEN MEN finishers and first FIVE WOMEN finishers in both the 50km and 100km categories.)

IMAGE RIGHTS

Each participant expressly foregoes his/her image rights for the photos taken for the duration of the race, and undertakes not to take any action against the organizers and their authorized partners for the use of his/her image.