



## RACE RULES, REGULATIONS AND PENALTIES

Version 4.0 Updated 18.01.24

Updated text is written in *highlighted italics*.

### 1. ORGANISATION

UTMB UK Limited organises the sports event Ultra-Trail Snowdonia by UTMB®.

### 2. DEFINITION

Ultra-Trail Snowdonia by UTMB® is an event which includes several races in the open countryside, winding through the great hiking trails of Snowdonia. Each race takes place in one single stage, at an undefined pace and within a set time limit.

#### 100M CATEGORY

**UTS 100M:** Around 168km distance with approx. 9,500 meters elevation gain, starting and finishing in Llanberis, in semi-autonomy. Approximately 300 runners.

#### 100K CATEGORY

**UTS 100K:** Around 103km distance with approx. 6,400 meters elevation gain, starting and finishing in Llanberis, in semi-autonomy. Approximately 700 runners.

#### 50K CATEGORY

**UTS 50K:** Around 55km distance with approx. 3,300 meters elevation gain, starting and finishing in Llanberis, in semi-autonomy. Approximately 1,200 runners.

#### 20K CATEGORY

**ERYRI 25K:** Around 25km distance with approx. 1,300 meters elevation gain, starting and finishing in Llanberis, in semi-autonomy. Approximately 800 runners.



### 3. RUNNER'S COMMITMENT

To participate in Ultra-Trail Snowdonia by UTMB®, in particular UTS 100M and UTS 100K, it is essential for participants:

- To be completely aware of the length and challenge of the event and to be perfectly prepared for it.
- To have acquired, previous to the race, a genuine capacity of personal autonomy in the mountains allowing for the management of challenges and difficulties expected by this type of event, and notably:
  - Know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (darkness, wind, cold, heat, fog, rain or snow).
  - Know how to manage, including when you are isolated, the physical or mental problems arising from a great fatigue, digestive problems, muscle or articular pains, small wounds, etc.
- To be fully aware the organisation's role is not to help a runner manage these problems.
- To be fully aware for such an activity in the mountains, security depends upon the runner's capacity to adapt to the problems encountered or foreseen.
- To respect the nature, animals, people and communities of Snowdonia, and to inform their spectators and supporters of the need to demonstrate this respect at all times.
- To respect the rules and regulations of the race.

### 4. SEMI-AUTONOMY

The principal of an individual race in semi-autonomy is the rule. Ultra-Trail Snowdonia by UTMB® races take place in one single stage, at an undefined pace, within the time limits which are specified for each race. Semi-autonomy is defined as having the capacity to be autonomous between two aid stations. This includes nutrition and hydration as much as that of clothing and security, allowing for adaptation to problems encountered or foreseen (bad weather, physical problems, injury, etc.).

This principal implies, in particular, the following rules:

1. Each runner must have with them throughout the duration of the race ALL of their mandatory **clothing and** equipment. They transport this **kit** in a race pack; tagged when they collect their race bib and which cannot be changed along the race route. At any moment of the race, officials can verify the race pack and its contents. The runner is obliged to submit to these checks in good spirit, or they risk disqualification from the race.
2. The aid stations supply drinks and food to be consumed on site. The organisation only supplies still water or energy drink for filling water bottles or hydration packs. The runner

should take care to ensure they have, when leaving each aid station, the quantity of drink and food which is necessary to keep them going until the following aid station. For slower runners, the longest sections without refreshments can be more than 4 hours.

3. For UTS 100M and the UTS 100K, a personal assistant (informally known as 'crew') is permitted exclusively at certain aid stations (please see the 'Race Info' section of each race on the website for details of which aid stations allow personal assistance). A zone specifically for personal assistance will be established at certain aid stations and at the discretion of the official. Only one person can give this assistance per participant, without specific equipment other than a bag with a maximum volume of 30 litres. Assistance given by a team of professionals, or a medic, is strictly forbidden. The rest of the aid station is strictly reserved for the runners. All other persons must remain outside the aid station.

4. It is forbidden to accompany, or be accompanied along any part the race route by a person not registered for the race, outside of the personal assistance zones (detailed above) which are clearly marked at the aid stations they apply to.

5. Personal assistants for the UTS 100M and UTS 100K must at all times display their 'Supporter' wristband to gain access to the aid stations with an established personal assistance zone. This wristband does not permit access to any other aid station or area.

5. A participant who accepts being accompanied outside of the designated zones breaches the principle of semi-autonomy. Race officials witnessing irregularities are authorised to penalise the participant(s), in order to guarantee the spirit of trail-running events.

6. For UTS 50K and ERYRI 25K competitions: no assistance is allowed at any point along the race route **or during the race**.

7. No runner may be accompanied by a dog or any other animal or pet during the race.

## **5. MANDATORY KIT**

To ensure their security and the smooth running of the event, each participant must carry with them all the items listed in the mandatory kit **(both clothing and equipment)** and take all the kit with them during the race, even if the runner is not using it.

Regular and random checks may be carried out during the race. A penalty, including up to disqualification, will be applied to runners who do not have all the mandatory kit with them (see section 18. Regulations and Penalties). This includes at the race start.

**Please note: the items included in the mandatory kit checklist are the basic items which each runner may enhance according to their needs. In particular, you should not choose the lightest possible clothing, but prefer clothing that provides good protection in the mountains against cold, wind and rain, and therefore better safety and performance.**

You carry all equipment in a race pack which is tagged when you collect your race bib at registration. Your race pack is not interchangeable during the race.

All mandatory clothing items, including jackets, trousers, over-trousers and additional layers, must be of the correct sizing to fit the participant comfortably. The participant may be asked to demonstrate the fit of the clothing as part of their mandatory kit check. Deliberate under-sizing of clothing may render the items unacceptable as part of the mandatory kit check.

### **HOT WEATHER AND COLD WEATHER KITS**

*Additional items of kit may be made compulsory for each race competition if the weather conditions require extra safety precautions to be taken (i.e the weather is either very hot, very cold, or likely to be interchangeable). These items will become mandatory at the discretion of the Event Director.*

*These items will be communicated to participants at least 24 hours before the start of each competition and may include; sunglasses, Saharan caps, sunscreen, capacity to carry additional fluids, protective eyewear, sturdier footwear, additional warm layers, additional hats and gloves.*

### **UTS 100M and UTS 100K mandatory kit**

#### **Clothing and footwear:**

- **Suitable trail-running footwear.** Road-running or barefoot style shoes are not acceptable.
- **Waterproof jacket with hood.** This must withstand bad weather in the mountains and be made with a waterproof (minimum recommended 10,000 Schmerber) and breathable (RET recommended inferior to 13) membrane.
  - The jacket must be fitted with an integrated hood, or one which is attached to the jacket by the original system designed purposely by the manufacturer.
  - The seams must be sealed or fully taped.
  - The jacket must not have sections of fabric which are not waterproof. Air vents designed and fitted by the manufacturer (i.e. under-arm) are permitted, since they do not damage in any obvious way the impermeability.
  - It is the runner's responsibility to judge, with these criteria, if their jacket meets the mandatory kit requirement and is suitable for bad weather in the mountains. However, during an inspection, the judgment is made by the official in charge of the mandatory kit check or any random kit check on the route.
- **Warm second layer.** A warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M)).

OR

The combination of a warm long-sleeved underwear (first or second layer, cotton excluded) of a minimum weight of 110g (men's size medium (M)) and a durable water repellant (DWR protection) windproof jacket. The windproof jacket does not replace the mandatory waterproof jacket, and vice versa.

- **Long-legged trousers or race leggings.**

OR

The combination of legging and socks, which cover the legs completely (these can be carried in the running pack in case their use is necessary).

- **Waterproof over-trousers.** The seams must be sealed or fully taped. *These do not replace the long-legged trousers or race leggings.*
- **Warm and waterproof gloves.** *A combination of separate warm gloves (or mittens) and waterproof outer gloves is acceptable.*
- **Warm beanie hat.**
- **Cap, bandana or Buff®.**

#### Equipment:

- **Running pack.** Designed to transport mandatory clothing and equipment throughout the race.
- **Smartphone (switched on and airplane mode turned-off).**
  - The runner must be reachable at any time while at the event including; before, during and after their race.
  - International roaming (for non-UK residents) must be activated allowing for the phone's use in UK.
  - LiveTrail application must be installed and active. It is recommended this is downloaded before arriving at the event.
  - The event's emergency contact number (available in the Runner's Guide) must be saved in your phone contacts. Do not mask your number.
  - Ensure you start your race with a fully charged battery.
  - An additional, external battery is highly recommended.
- **Reusable cup (150ml minimum).** This must be suitable for consuming hot drinks or soup. Bottles or flasks with lids are not acceptable.
- **Reusable plate or bowl and cutlery.** Eating utensils will not be provided at the aid stations.
- **Capacity to carry a minimum 1.5 litres of fluids.** At the departure of some aid stations it will be mandatory to leave with 1.5 litres of fluids (water, energy drink etc.) depending on the section to be covered or the weather conditions.

- **2 x fully functioning head or hand torches.** Each torch must have a spare, separate cell or set of batteries. *Power banks are permitted as a spare battery. However, each torch must have their own spare power bank or set of batteries.* One torch must have a 200 lumens minimum brightness. *It is recommended both torches have a 200 lumens minimum brightness.*
- **Survival bag or emergency bivvy bag.** *This must have minimum dimensions of 2.0m x 0.9m. It is recommended this is a thermal bag which retains body heat. A survival blanket or foil blanket is not acceptable.*
- **Emergency food reserve.** Recommendation is a minimum of 800kcal. This is the equivalent of 2 x gels and 2 x energy bars (approx. at least 65g each).
- **Self-adhesive elasticated bandage.** This can serve as a bandage or strapping (minimum dimensions 100cm x 6cm).
- **Whistle.**
- **Compass and the ability to use it.**
- **Personal identification.** *Passport, driving licence or identity card are acceptable.*
- **Map of the route.** This will be supplied at Registration in your race pack.

#### **Additional recommendations:**

The following items are not mandatory. However, they are strongly recommended to be carried in your running pack.

- Spare warm clothing. Useful in the case of cold or wet weather or in the case of injury.
- Synthetic insulation mid-layer or gilet. To keep warm while resting at aid stations.
- Waterproof bag (dry bag or plastic bag). To keep the long-legged trousers, race leggings, or spare warm clothing dry.
- Personal first aid kit. Including a minimum of plasters for blisters, *cleansing wipes*, dressings, paracetamol and personal medication etc.
- Hiking poles and the ability to use them effectively, for your security on slippery ground. If you choose to take poles they must be carried for the duration of the race. It is forbidden to start without poles and obtain them during the race. The use of poles is restricted in certain zones along the route, marked by specific signage, for safety or environmental reasons. Hiking poles are not allowed in the drop bags.
- Additional spare warm hat and gloves. For use in an emergency or for extra warmth at aid stations.
- Additional lightweight waterproof gloves.
- Anti-chafing cream or Vaseline.

- GPS watch and knowledge of how to use it effectively.
- Safety scissors. For cutting elasticated bandage.
- Small sewing kit. For minor repairs to clothing or equipment in emergencies.
- £40 cash. For use in shops or transport.
- Full change of clothes. Including socks and shoes which can be stored in your drop bag.

All mandatory clothing must be the correct size for the competitor and without being modified in any way after leaving the factory.

Due to the lengthy nature of the event, runners may need to consider planning to ensure any electronic devices have adequate battery life to function throughout the whole race. This may mean choosing equipment that can be charged on-the-go. UTS 100M and UTS 100K participants should consider making use of the drop bag facility to change device batteries.

### UTS 50K mandatory kit

#### Clothing and footwear:

- **Suitable trail-running footwear.** Road-running or barefoot style shoes are not acceptable.
- **Waterproof jacket with hood.** This must withstand bad weather in the mountains and be made with a waterproof (minimum recommended 10,000 Schmerber) and breathable (RET recommended inferior to 13) membrane.
  - The jacket must be fitted with an integrated hood, or one which is attached to the jacket by the original system designed purposely by the manufacturer.
  - The seams must be sealed or fully taped.
  - The jacket must not have sections of fabric which are not waterproof. Air vents designed and fitted by the manufacturer (i.e. under-arm) are permitted, since they do not damage in any obvious way the impermeability.
  - It is the runner's responsibility to judge, with these criteria, if their jacket meets the mandatory kit requirement and is suitable for bad weather in the mountains. However, during an inspection, the judgment is made by the official in charge of the mandatory kit check or any random kit check on the route.

- **Long-legged trousers or race leggings.**

OR

The combination of legging and socks, which cover the legs completely (these can be carried in the running pack in case their use is necessary).

- **Waterproof over-trousers.** The seams must be sealed or fully taped. *These do not replace the long-legged trousers or race leggings.*

- **Warm and waterproof gloves.** *A combination of separate warm gloves (or mittens) and waterproof outer gloves is acceptable.*
- **Warm beanie hat.**

#### Equipment:

- **Running pack.** Designed to transport mandatory clothing and equipment throughout the race.
- **Smartphone (switched on and airplane mode turned-off).**
  - The runner must be reachable at any time while at the event including; before, during and after their race.
  - International roaming (for non-UK residents) must be activated allowing for the phone's use in UK.
  - LiveTrail application must be installed and active. It is recommended this is downloaded before arriving at the event.
  - The event's emergency contact number (available in the Runner's Guide) must be saved in your phone contacts. Do not mask your number.
  - Ensure you start your race with a fully charged battery.
  - An additional, external battery is highly recommended.
- **Reusable cup (150ml minimum).** This must be suitable for consuming hot drinks or soup. Bottles or flasks with lids are not acceptable.
- **Capacity to carry a minimum 1.0 litres of fluids.** At the departure of some aid stations it will be mandatory to leave with 1.0 litres of fluids (water, energy drink etc.) depending on the section to be covered or the weather conditions.
- **1 x fully functioning head or hand torch.** The torch must have a spare, separate cell or set of batteries. *Power banks are permitted as a spare battery.* The torch must have a 200 lumens minimum brightness.
- **Survival bag or emergency bivvy bag.** *This must have minimum dimensions of 2.0m x 0.9m. It is recommended this is a thermal bag which retains body heat. A survival blanket or foil blanket is not acceptable.*
- **Emergency food reserve.** Recommendation is a minimum of 800kcal. This is the equivalent of 2 x gels and 2 x energy bars (approx. at least 65g each).
- **Self-adhesive elasticated bandage.** This can serve as a bandage or strapping (minimum dimensions 100cm x 6cm).
- **Whistle.**
- **Compass and the ability to use it.**
- **Personal identification.** *Passport, driving licence or identity card are acceptable.*
- **Map of the route.** This will be supplied at Registration in your race pack.



### **Additional recommendations:**

The following items are not mandatory. However, they are strongly recommended to be carried in your running pack.

- Warm second layer. A warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M)).

OR

The combination of a warm long-sleeved underwear (first or second layer, cotton excluded) of a minimum weight of 110g (men's size medium (M)) and a durable water repellent (DWR protection) windproof jacket. The windproof jacket does not replace the mandatory waterproof jacket.

- **Cap, bandana or Buff®.**
- Spare warm clothing. Useful in the case of cold or wet weather or in the case of injury.
- Synthetic insulation mid-layer or gilet. To keep warm while resting at aid stations.
- Waterproof bag (dry bag or plastic bag). To keep the long-legged trousers, race leggings, or spare warm clothing dry.
- Personal first aid kit. Including a minimum of plasters for blisters, **cleansing wipes**, dressings, paracetamol and personal medication etc.
- Hiking poles and the ability to use them effectively, for your security on slippery ground. If you choose to take poles they must be carried for the duration of the race. It is forbidden to start without poles and obtain them during the race. The use of poles is restricted in certain zones along the route, marked by specific signage, for safety or environmental reasons.
- Additional spare warm hat and gloves. For use in an emergency or for extra warmth at aid stations.
- Additional lightweight waterproof gloves.
- Anti-chafing cream or Vaseline.
- GPS watch and knowledge of how to use it effectively.
- Safety scissors. For cutting elasticated bandage.
- Small sewing kit. For minor repairs to clothing or equipment in emergencies.
- £40 cash. For use in shops or transport.

All mandatory clothing must be the correct size for the competitor and without being modified in any way after leaving the factory.

### **ERYRI 25K mandatory kit**

#### **Clothing and footwear:**

- **Suitable trail-running footwear.** Road-running or barefoot style shoes are not acceptable.
- **Waterproof jacket with hood.** This must withstand bad weather in the mountains and be made with a waterproof (minimum recommended 10,000 Schmerber) and breathable (RET recommended inferior to 13) membrane.
  - The jacket must be fitted with an integrated hood, or one which is attached to the jacket by the original system designed purposely by the manufacturer.
  - The seams must be sealed or fully taped.
  - The jacket must not have sections of fabric which are not waterproof. Air vents designed and fitted by the manufacturer (i.e. under-arm) are permitted, since they do not damage in any obvious way the impermeability.
  - It is the runner's responsibility to judge, with these criteria, if their jacket meets the mandatory kit requirement and is suitable for bad weather in the mountains. However, during an inspection, the judgment is made by the official in charge of the mandatory kit check or any random kit check on the route.

#### Equipment:

- **Smartphone** (switched on and airplane mode turned-off).
  - The runner must be reachable at any time while at the event including; before, during and after their race.
  - International roaming (for non-UK residents) must be activated allowing for the phone's use in UK.
  - LiveTrail application must be installed and active. It is recommended this is downloaded before arriving at the event.
  - The event's emergency contact number (available in the Runner's Guide) must be saved in your phone contacts. Do not mask your number.
  - Ensure you start your race with a fully charged battery.
  - An additional, external battery is highly recommended.
- **Capacity to carry a minimum 0.5 litres of fluids.** At the departure of some aid stations it will be mandatory to leave with 0.5 litres of fluids (water, energy drink etc.) depending on the section to be covered or the weather conditions.
- **Survival bag or emergency bivvy bag.** This must have minimum dimensions of 2.0m x 0.9m. It is recommended this is a thermal bag which retains body heat. A survival blanket or foil blanket is not acceptable.
- **Emergency food reserve.** Recommendation is a minimum of 800kcal. This is the equivalent of 2 x gels and 2 x energy bars (approx. at least 65g each).
- **Whistle.**
- **Personal identification.** Passport, driving licence or identity card are acceptable.

### **Additional recommendations:**

The following items are not mandatory. However, they are strongly recommended to be carried in your running pack.

- Warm second layer. A warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M)).

OR

The combination of a warm long-sleeved underwear (first or second layer, cotton excluded) of a minimum weight of 110g (men's size medium (M)) and a durable water repellent (DWR protection) windproof jacket. The windproof jacket does not replace the mandatory waterproof jacket.

- Warm and waterproof gloves.
- Warm beanie hat.
- Cap, bandana or Buff®.
- Reusable cup (150ml minimum).
- Capacity to carry a minimum 1.0 litres of fluids. This would be an additional 0.5 litres capacity added to the mandatory 0.5 litres.
- Personal first aid kit. Including a minimum of plasters for blisters, cleansing wipes, dressings, paracetamol and personal medication etc.
- Anti-chafing cream or Vaseline.
- GPS watch and knowledge of how to use it effectively.
- £20 cash. For use in shops or transport.

## **6. PERSONAL MUSIC**

Listening to music using personal earphones is allowed as long as it is safe to do so. All earphones MUST be removed when a participant:

- approaches and crosses a road or railway line.
- enters a public area, crowded area, or aid station.
- approaches and passes any member of the Mountain Safety Team or Medical Team.

## **7. RACE BIBS**

Race bibs are provided to each runner at registration after they have successfully completed their mandatory equipment check. A valid form of photographic identification (e.g. passport or driving licence) will need to be shown during the registration process at the event.

The race bib provides a participant with access to the aid stations, medical points, showers, repatriation transport service, finisher's meal (100M, 100K and 50K only) and bag drop service. Without a race bib these services are not accessible.

The race bib must:

- be worn on the participant's chest or stomach (not on legs, arms or backs).
- be placed on top of all clothing layers (not on race packs).
- remain permanently and completely visible during the entire race.
- not be altered, folded, made smaller, cut or hidden.

A race bib may be withdrawn from a participant at the discretion of the Event Director if the participant refuses to comply with an official's decision or is disqualified from the race. If a runner withdraws from the race, or is forced to withdraw (e.g. by missing a cut-off time) the barcode on the race bib is removed, indicating the runner is no longer part of the race.

## **8. DROP BAGS**

Participants in the UTS 100M and UTS 100K are allowed to make use of the drop-bag service. This is not compulsory – participants can choose not to use the drop bag service.

The only drop bags permitted must be the official UTMB World Series drawstring drop bag (approx. 30 litre capacity). You will receive your official UTMB drop bag at registration.

You may already have a UTMB World Series drop bag from participating in another UTMB World Series race. If so, we would appreciate you bringing your existing drop bag so it can be reused and prevent the need for us to issue a new bag. They are designed to be reusable.

The drop bag and contents must be delivered to the designated location before your race start for it to be transported to the approximate half-way aid station along the race route. The drop bag location will be detailed in the Runner's Guide (published May 2024). Drop bags must be able to be closed. Any items overspilling from the drop bag will not be transported.

After use, drop bags will be returned to Llanberis. Due to the number of participants, and length of time it takes for all participants to complete the course, we cannot guarantee your drop bag will be back in Llanberis before you finish your race. You may have to wait several hours before your drop bag is returned to Llanberis and is available for collection.

Drop bags may only be collected in Llanberis by a participant, or a family member or friend, who is able to present the appropriate race bib. Drop bags will not be distributed without the corresponding race bib being shown.

The drop bag service closes two hours after the race cut-off time. For the UTS 100M and UTS 100K the drop bag service closes at 15:00 on Sunday 12 May 2024. All remaining drop bags after this time will be assumed as lost property and contents will be donated to a clothing



bank or charity. Only in exceptional circumstances (i.e. a participant is admitted to hospital) we will retain a participant's drop bag for them to collect at a later date.

Participants who withdraw during the race, or are forced to withdraw (e.g. by missing a cut-off time), and inform the organisation of their withdrawal, will have their drop bag returned to Llanberis. We do not return, or post, drop bags and contents to participants who withdraw.

The organisers cannot accept any liability for the drop bag contents. The drop bag service is used at the runner's own risk. We recommend you do not put valuable items in the bags. Poles are not allowed to be transported in drop bags as this is against the rules.

**UTS 100M and UTS 100K:** Each participant receives a drop bag at registration. After completing registration, the participant should place their items within the drop bag and ensure it can be closed. Apply the paper insert corresponding to the runner's race bib.

**UTS 50K:** Each participant is able to leave their own bag for use post-race at the designated bag drop location. This bag must be no larger than a small 30 litre rucksack. Large bags or rucksacks will not be accepted at the bag drop tent. Bags must be securely closed to ensure contents do not overspill. The organisers cannot accept any liability for lost contents.

Bags left at the venue and not placed at the drop bag location may be treated as suspicious items and subsequently disposed of. To prevent any unnecessary alarm, intervention by the Police, and delays to the race start, we recommend you do not leave any bags unattended or hidden at the venue(s).

There is no drop bag service for ERYRI 25K runners.

## 9. AID STATIONS

Along the race route there are locations, known as aid stations, where runners can get basic food and drink supplies. Aid stations are either permanent buildings or temporary structures of varying sizes. Aid stations supply food and drink for consuming on site.

*Aid stations are supplied and resourced as an addition to your nutrition plan and food and drink preferences. Participants should not exclusively rely on aid station food and drink as a substitute for a well-prepared nutrition plan to fuel your race requirements.*

To access an aid station and make use of the facilities, a participant must be properly displaying their race bib on the outside of their clothing so it is visible to race officials.

The organiser supplies drinking water and energy drink for filling water bottles or hydration packs. Personal reusable cups are mandatory for the **UTS 100M, UTS 100K and UTS 50K**. Utensils and cutlery are not supplied by the organiser. The runner must make sure, when leaving the aid station, they have the necessary quantity of food and drink to keep them going until the next aid station.

For further information about aid stations, including locations and what food and drink will be on offer, please see the 'Route Info' section of each race distance on the website.

## 10. CHECKPOINTS

Runners are checked upon arrival at an aid station and at some Mountain Safety Team locations. This can either be by electronic or non-electronic means.

Unexpected and random checkpoints may be set-up along the route to ensure all participants are following the intended route. These checkpoints will not be announced in advance.

## 11. WAY MARKING

Way markers are used to show the intended route to be taken. They are spaced along the route at appropriate intervals. These markers are made of a bright reflective material that catches the light from your torch so you can easily spot them at night.

If you can't see any marker ahead of you in the distance, you may have taken a wrong turn.

We do not use any paint on the trails in order to prevent damage to the natural environment.

Runners must stay on the marked path, even when they sleep. If you need to sleep along the way you are highly recommended to use the 'sleep bib' supplied by the organisation. This bib is similar to a race bib and shows to others you are having a little sleep while on the route.

All runners who voluntarily venture away from the way marked course are no longer under the responsibility of the organisation.

## 12. MEDICAL ASSISTANCE

There are several medical points along the route which have a member of the Medical Team in attendance. These points are in communication with the Medical Director at Event Control in Llanberis. There are also members of the Medical Team at the finish line in Llanberis during all races.

The Medical Team are available to assist any person with a medical concern, with use of the organiser's private medical provision, or by contacting the public health service if necessary.

It is up to a runner in trouble, or seriously hurt, to call for help:

- By going to the nearest aid station or Mountain Safety Team location.
- By calling Event Control via the emergency phone number on your race bib.
- By asking another runner to alert the organisers.
- By using the SOS function on the LiveTrail application installed on your mobile phone.

Every runner must give assistance to any person they see in danger and alert the organiser.

If you are unable to call Event Control, and only if it is an emergency, you should call directly one of the emergency services by dialling '999' (especially if you are crossing an area with poor phone signal and only emergency calls are possible).

**Please note; any unexpected events, either linked to the natural environment, the weather or the race, could impact the time it takes for help to arrive. It is vitally important you have all the mandatory kit within your race pack to ensure you remain safe until help arrives.**

All members of the Medical Team (including doctors, paramedics and first aiders), and persons appointed by the Medical Director, are able to:

- Exclude from a race any participant who is deemed to be unable to continue the race.
- Demand to a participant to use any item of their mandatory equipment.
- Evacuate by any means a participant they deem to be in danger.
- Refer participants to the most appropriate care structure.

A runner who consults with a doctor or paramedic during the race acknowledges their medical authority and agrees to accept their decisions. If a runner's state of health justifies treatment via an intravenous drip, the runner shall be withdrawn from the race immediately.

### 13. TIME LIMITS AND CUT-OFF TIMES

The cut-off time for finishing each race is:

- UTS 100M: 48:00 hours
- UTS 100K: 32:00 hours
- UTS 50K: 14:00 hours
- ERYRI 25K: 5:30 hours

You can find the time limit (cut-off times) for leaving each aid station on the website and in the Runner's Guide (published May 2024). In case of any changes (see section 21. Exceptional Conditions), the new cut-off times will be announced via SMS text message.

Cut-off times are calculated to allow participants to reach the finish within the allocated overall time limit. In order to be allowed to continue with a race, a participant must leave the aid station or checkpoint before the cut-off time (whatever their time of arrival at the aid station or checkpoint). A participant who does not leave the aid station before the cut-off time will be withdrawn from the race and have their barcode removed from their race bib.

A withdrawn participant who wishes to continue the route can do so at their own risk. They will no longer be under the registration conditions, rules and responsibility of the organiser.

This person will be in complete autonomy and will not have access to aid stations along the route and will not have repatriation transport to the finish in Llanberis. **It is recommend that participants who are withdrawn from the race do not seek to continue on the route.**

## 14. ABANDONMENT AND REPATRIATION

Except in case of serious injury, a runner wishing to abandon the race must do so only at an aid station. The participant must inform the official responsible for the aid station or report their abandonment via the LiveTrail app in order to notify Event Control.

If a runner wishes to abandon while on the route between two aid stations, they must reach the nearest aid station where they must report their abandonment to the official. Participants who are withdrawn from the race will have their barcode removed from their race bib.

Runners who abandon their race must keep their race bib to access the repatriation transport, finisher meals (100M, 100K and 50K only), showers and bag drop etc.

Minibuses are available at some aid stations — marked by a bus pictogram on the 'Route Info' section of the website — to take runners back to Llanberis. Runners who abandon at another location, but whose health does not require them to be evacuated, must return by their own means to the nearest point of repatriation (i.e. aid station).

In the event of severe bad weather conditions justifying the total stop of the race, the organisation will ensure all runners are repatriated as soon as possible and feasible.

## 15. FINISH

If you finish your race within the cut-off time, you will receive a finisher's medal.

You can also receive your finisher's meal (100M, 100K and 50K only) and finisher drink at the designated catering outlet by presenting your race bib. One meal and drink per finisher.

## 16. SHOWERS

There are showers available for participants near the finish. Showers are only accessible during the race on medical advice.

## 17. REST

During the UTS 100M and UTS 100K races there are rest areas at some aid stations. These are small areas with camp beds and blankets for use by participants. They are intended to provide a chance to recuperate. Due to limited availability, we expect participants to be courteous to each other and ensure everyone has a chance to rest that might need it. See the 'Race Info' section of the website for details of which aid stations offer a rest area.



There will also be a designated ‘rest area’ near the finish with camp beds available. This is for runners to sleep and rest post-race. Details of location will be available in the Runner’s Guide (published May 2024).

**18. RANKING AND AWARDS**

For each race; there is a General Ranking (male category and female category) and an Age Category Ranking (male category and female category).

The top 5 male and top 5 female in the general ranking, as well as the first male and first female in each age category receive a trophy. Trophies are only distributed at the prize ceremony, so the presence of the winners is mandatory. Please see the Event Schedule on the website for details of when the prize ceremonies take place.

UTMB® World Series Age Categories
17–19 (ERYRI 25K only)
20–34
35–39
40–44
45–49
50–54
55–59
60–64
65–69
70–74
75–79
80–84
85+

The top 3 male and top 3 female in each ultra-distance race also gain direct entry to the 2024 or 2025 UTMB® World Series Finals (UTS 100M = UTMB, UTS 100K = CCC, UTS 50K = OCC).



## 19. REGULATIONS AND PENALTIES

If a runner is found to breach a regulation or rule, the official at the respective or nearest aid station can instantly apply a penalty according to the following criteria:

### UTS 100M AND UTS 100K

BREACH OF REGULATION	PENALTY APPLIED IN RACE
Short-cutting the route.	At the Event Director's discretion.
Nonattendance at an aid station or checkpoint.	At the Event Director's discretion.
Deliberate cheating (e.g. use of a means of transport, sharing a race bib, etc.).	Disqualification and life ban.
Missing item(s) of mandatory kit.	Disqualification.
Refusal to have mandatory kit checked.	Disqualification.
Lack of respect towards others (volunteers, staff or runners) including abusive or aggressive language, and refusing to respect instructions from the organiser. Note: a participant is responsible for their supporters and personal assistant under the same conditions.	Disqualification.
Not assisting a person in difficulty (in need of care).	Disqualification.
Refusal to comply with an order from the Event Director, Medical Team, Mountain Safety Team, or aid station official.	Disqualification.
Departure from an aid station after the cut-off time.	Disqualification.
Deliberate discarding of rubbish (e.g. littering) by a participant or their personal assistant (i.e. crew).	1 hour penalty.
Accepting personal assistance when not permitted.	1 hour penalty.
Race pack not tagged.	1 hour penalty.

Use of poles not carried from the beginning of the race, or discarding poles before the end of the race.	1 hour penalty.
Smartphone turned off or in airplane mode.	15 minute penalty.
Being accompanied along the route near an aid station and outside the defined personal assistance zones.	15 minute penalty.
Lack of a visible race bib.	15 minute penalty.
Wearing a non-conforming race bib.	15 minute penalty (during which the runner positions their race bib in order to conform to the rule).
Dangerous behaviour (e.g. poles with unprotected points orientated towards runners or spectators).	15 minute penalty.
Refusal of anti-doping control.	Sanctioned in the same manner as for doping offences.

The time penalties are applied immediately during the race for their full duration. Participants will be instructed to wait at the aid station until their time penalty has been completed in full. They will not be allowed access to the aid station services (i.e. food, drink, bag drop, rest area etc.) while the penalty is being administered. The penalties are not applied to the timings post-race.

Any other breach of the rules not listed above will be subject to a penalty decided by the Event Director.

## UTS 50K AND ERYRI 25K

BREACH OF REGULATION	PENALTY APPLIED IN RACE
Short-cutting the route.	At the Event Director's discretion.
Nonattendance at an aid station or checkpoint.	At the Event Director's discretion.
Deliberate cheating (e.g. use of a means of transport, sharing a race bib, etc.).	Disqualification and life ban.
Missing item(s) of mandatory kit.	Disqualification.
Refusal to have mandatory kit checked.	Disqualification.
Lack of respect towards others (volunteers, staff or runners) including abusive or aggressive language, and refusing to respect instructions from the organiser.  Note: a participant is responsible for their supporters and personal assistant under the same conditions.	Disqualification.
Not assisting a person in difficulty (in need of care).	Disqualification.
Refusal to comply with an order from the Event Director, Medical Team, Mountain Safety Team, or aid station official.	Disqualification.
Departure from an aid station after the cut-off time.	Disqualification.
Deliberate discarding of rubbish (e.g. littering) by a participant or their personal assistant (i.e. crew).	1 hour penalty.
Accepting personal assistance when not permitted.	30 minute penalty.
Race pack not tagged.	30 minute penalty.
Use of poles not carried from the beginning of the race, or discarding poles before the end of the race.	30 minute penalty.
Smartphone turned off or in airplane mode.	10 minute penalty.

Being accompanied along the route near an aid station and outside the defined personal assistance zones.	10 minute penalty.
Lack of a visible race bib.	10 minute penalty.
Wearing a non-conforming race bib.	10 minute penalty (during which the runner positions their race bib in order to conform to the rule).
Dangerous behaviour (e.g. poles with unprotected points orientated towards runners or spectators).	10 minute penalty.
Refusal of anti-doping control.	Sanctioned in the same manner as for doping offences.

The time penalties are applied immediately during the race for their full duration. Participants will be instructed to wait at the aid station until their time penalty has been completed in full. They will not be allowed access to the aid station services (i.e. food, drink, rest area etc.) while the penalty is being administered. The penalties are not applied to the timings post-race.

Any other breach of the rules not listed above will be subject to a penalty decided by the Event Director.

## 20. COMPLAINTS

Any complaint from a participant that involves a potential change in race position or race timing must be sent to the organisation by completion of the contact form on the event website. To be considered; complaints must be submitted within 24 hours of the race cut-off time.

Complaints not likely to affect the race position or race timings must be sent to the organisation by completion of the contact form on the event website. To be considered; complaints must be submitted within a maximum of 10 days of the completion of the event.

Criticism or disagreement relating to the UTMB registration process (e.g. a runner is not selected in the UTMB lottery) or in relation to the management of the race, the rules and penalties described above (e.g. a runner abandons the race) are not considered.

## **21. EXCEPTIONAL CIRCUMSTANCES**

If necessary, the organisation reserves the right to modify at any time the routes, start times, cut-off times, the location of aid stations, checkpoints, finish, and any other aspect related to the smooth running of the races and the overall event.

In case of force majeure, severe weather conditions, natural disaster or any other circumstance endangering the participants' safety, the organisation reserves the right to:

- Postpone the start of the race.
- Adapt the race route.
- Modify the cut-off times.
- Change the start date.
- Stop the race in progress.
- Neutralise the event.
- Cancel the event.

## **22. REGISTRATION CONDITIONS (ANNEX)**

There is an annex to this set of rules that details the registration conditions for the event. These can be viewed on the event website.