

Noosa Ultra-Trail: Race Rules & Guidelines

1. Behaviour & Respect

- a. All athletes and accompanied persons are asked to be respectful of the opportunity presented to us by Queensland Parks & Wildlife to be permitted in the parks and forests in Noosa Shire.
- b. Respect should be shown to this unique region as it has held the internationally recognised UNESCO Biosphere Reserve Status – where mankind and nature live in harmony.
- c. Disrespect for your fellow athletes, marshals, officials, local residents or the environment itself will not be tolerated.
- d. Short cutting or going off track including under or over barriers to overtake other competitors is not permitted.
- d. Littering will not be tolerated. Keep all litter until you reach a checkpoint and discard it there.
- e. Noosa prides itself on its sustainability credentials and we encourage all participants to embrace measures taken to reduce waste across all aspects of the event.

2. Road Safety Awareness

- a. Athlete Safety is our No.1 Priority.
- b. Whilst the event organiser will provide a high level of Duty of Care, it is every athlete's responsibility to act in a safe manner when crossing roads. There will be Police, SES, traffic controllers and event traffic marshals at key road crossing providing assistance. Runners are required to STOP & LOOK BOTH WAYS before crossing roads. There are some bitumen and dirt roads than form part of the Noosa Trail Network. Care must be taken to be alert to local traffic and to keep to the shoulders when running on these roads. There are some 'self crossings' on low traffic roads predominantly in the Hinterland.
- c. When crossing narrow bridges or culverts care should be taken to look for traffic in both directions.
- d. When crossing Zebra Crossings athletes must keep aware of oncoming traffic
- e. Event Officials and support personnel have the authority to act to ensure athlete safety.
- F. There will be large Yellow flags at designated busy or high traffic road crossings identifying the crossing point as well as ETMs.

3. Medical / First Aid

- a. Checkpoints will have medical support staff either on site or close proximity .
- b. Runners are obliged to help any injured runners they come across during the event to assist them.
- c. It is each runners responsibility to ensure they are properly hydrated and have sufficient nutrition and sun protection.
- d. For emergencies or other medical assistance runners should phone the Race Director on the number provided during registration.
- e. Medical Officials have the authority to determine that it is in the interests of the athlete for them to withdraw from the event for medical reasons.

f. Runners with specific medical or health issues (i.e. diabetes, disabilities) who require supervised assistance by support crew will be permitted to have their crew access restricted checkpoints CP1 and / or CP2.

4. Checkpoints, Timing Points, Cut off Times & Withdrawals

- a. Timing mats are at all six (6) Checkpoints and all three (3) water stations.
- b. All checkpoints will have food, water, electrolyte, medical personnel, toilets and access for support crew, family and friends (Please note: CP1 does not have food or toilets nor is there any general access permitted).
- b. Given the nature of the Noosa Trail Network there are strictly enforced operationally and safety based CUT OFF TIMES for those competing in the OUT'N'BACK 50, the HINTERLAND TRAVERSE 80 and the ULTRA-TRAIL 100.
- c. Runners will not be allowed to continue onwards from CP4 in Pomona after 5.00pm or to continue onwards from CP5 at Lake MacDonalld after 9.00pm.
- e. Any runner wishing to continue after these times of their own accord will be required to hand in their race bib and will have deemed to withdrawn.
- f. If any runner is unable to finish the event they must inform the checkpoint officials at the nearest checkpoint of their decision to withdraw.

5. Mandatory Gear

- a. All runners must carry the Mandatory Gear stipulated for their race which is outlined in the Athlete Information pages on the website. Gear includes sufficient water (min 750ml) and nutrition, a mobile phone and sun protection.
- b. All runners are required to wear a t-shirt /singlet and to display their race bib and number on the front of their shirts or shorts.
- c. All runners in the HINTERLAND TRAVERSE 80 and ULTRA-TRAIL 100 will be required to carry an approved HIGH VIS VEST and HEADTORCH that can be carried through out the race or picked up at a designated Checkpoint CP4 in Pomona or CP5 at Lake McDonald.
- d. Whilst this is not a mountainous course trekking poles are permitted.

6. Course Information

- a. All course routes are clearly marked with signage and pink ribbon
- b. The Noosa Trail Network uses some gazetted land and private land. Runners need to exhibit respect when travelling through these locations.
- c. There are some gates on the Noosa Trail Network. Please leave them as you found them as some paddock are home to some friendly cows.

7. UTMB INDEX level event

- a. The Noosa Ultra-Trail is an INDEX level event within the UTMB® 'family'. Hence compliance with their regulations is required.
- b. Performance enhancing drugs are prohibited in accordance with The World Anti-Doping Code.
- c. Refer to Athlete Info for more information on UTMB INDEX and how you can obtain a ranking.

8. Support Crew / Spectator Points / Pacers

- a. Support Crew will be permitted to provide assistance to their runner at designated checkpoints only.
- b. Support Crew cannot offer assistance outside of the Checkpoint area (within 100 metre radius). If this is breached there will be a one hour time penalty
- c. There are spectator points along the courses which provide opportunities to offer encouragement
- d. Pacers will not be allowed in 2024.
- e. No 'muleing' will be permitted.

9. Entry Conditions

- a. Entrants in the Ultra-Trail 100® and Hinterland Traverse 80 will be expected to have completed at least one 50km event and should have a high level of fitness before entering either of these two events.
- b. The cut off times at CP4 (11 hours for 66km) and CP5 (15 hours for 87km) can be achieved on this course with an average pace of 6km/hour or 10 minutes per kilometre (brisk walking pace).
- c. They have been imposed for athlete safety and for consideration of the local Noosa and Tewantin residents.
- d. Given this is a trail RUN, it is expected that entrants jog or run some (flat or downhill) sections of the course.
- e. All entrants must be at least 18 years of age on race day to participate in the 'Ultra' events (100km, 80km, 50km).
- f. Entrants wishing to compete in the Forest 15, Cross Country 25 or Pomona Sundowner 30 must be at least 16 years of age on race day and must have the consent of a parent or guardian.

10. Penalties & Disqualification

- a. The Race Director has the discretion to incur a time penalty or disqualify any individual who has blatantly disregarded the Rules and Guidelines or acted improperly. This includes abuse at staff members or volunteers. This will not be tolerated and is not in the spirit of trail running nor trail runners. These penalties are at the discretion of the Race Director and are Final.