



### WEST MACS MONSTER RACE RULES

1. All conditions of entry must be met by entrants and buddy runners, including payment of race entry fees and acceptance and signing of the Participant Waiver prior to the start of the event.
2. The event must be completed from start to finish entirely by the entrants own foot power.
3. Any change to event timing, the route or any other aspect of the event stipulated by the Race Director must be adhered to and will be final.
4. All entrants and pacers must attend the race briefing relevant to their event distance.
5. Safety of participants during the West Macs Monster is the number 1 priority. In the event that you come across an injured person, you must render assistance. It is required that someone stays with an incapacitated, injured runner until further help arrives or you are relieved by another competitor. 'Incapacitated' means a person who is unable to move under their own power, forward or rearward toward the nearest aid station without assistance or the need to be monitored, such as severe dehydration or heat related illness. Compassionate time claims will be assessed and finishing times adjusted accordingly should that be required. Compassionate time claims should be lodged with the race director or their delegate within 1 hour of finishing the event.
6. All entrants must carry the required Mandatory Gear at all times. Failure to do so will result in disqualification.
7. All entrants must display their supplied race number at all times, front and rear, external to any clothing or carried packs. Failure to do so will result in disqualification. The number must be visible at all times and no clothing or carried equipment can obstruct the reading of this number.
8. All entrants will be issued a wrist band which authorises entry to the race and must be worn for the entire duration. The wrist tag will be fitted at registration. No wrist tag – no race. Entrants will have their wrist tags removed by a race official on withdrawal or completion of the event. Wrist tags cannot be altered or removed by anyone other than an authorised race official as instructed by the Race Director.
9. All entrants must carry out all rubbish and only discard rubbish at designated aid stations. Any entrant found to be littering or toileting inappropriately, even if accidental will be disqualified. This includes biodegradable food scraps such as banana peels etc
10. All entrants must show proper consideration and respect for other users of the Larapinta Trail, understanding that every participants' behaviour affects the reputation of the event and trail runners more broadly. West Macs Monster runners are visitors on the larapinta trail and other trail users and walkers will have right of way at all times.
11. Any rules and conditions of use stipulated by NT Parks and Wildlife must be fully adhered to.
12. No open fires are to be used or lit for any purpose, unless an emergency survival situation requires it and if so, with extreme care.
13. Teams may only change over runners at the designated aid stations. No alternative changeover points will be considered. For 231km, 128km and 65km teams, the teams' SPOT device will also have to be transferred to the next runner.
14. All runners must pass through and be checked off at each manned aid station.
15. For assessment of claims regarding adherence to the designated course, data, as evidence, may be used from Spot Trackers, your personal sports watch or tracking device, fitness tracking account (such as Strava, Garmin etc). Volunteering of that data from personal devices, such as those listed above, is a decision of the competitor and is not mandatory. Withholding the data, however, may compromise the result of the claim for or against the competitor.
16. Any protests against another runner or the event, must be lodged within 1 hour of completing the event, to the Race Director or their delegate. Any subsequent decisions made by the Race Director are final and no correspondence will be entered into.
17. The Race Director will have final authority regarding any weather or other adverse situation that might cause the event to be altered or cancelled. No refunds will be given for circumstances that arise out of the Race Director's control (such as extreme weather or bushfire events)
18. All pacers/buddy runners must be properly registered and have paid the appropriate fee.
19. Medical personnel and the Race Director will have final authority on the fitness of any participant to continue or not. No refunds will be given for any participant who does not finish due to voluntarily dropping out, or missing a cut-off time, or through a decision of medical personnel or the Race Director.
20. Performance enhancing drugs are strictly forbidden.

21. Nutritional supplements, caffeine and mild over the counter painkillers/anti-inflammatories are permitted but are used at the entrants own risk.
22. All participants are only to use potable water supplies provided by the event, not Larapinta Trail campsite/trailhead water tanks. Larapinta Trail Water supplies are provided for hikers and must only be used in extreme emergencies.
23. All medical conditions must be fully disclosed to the event organisers during the registration process.
24. No entrant may refuse medical treatment or evacuation by medical personnel unless they have formally withdrawn from the event by signing the appropriate withdrawal form and have had their wrist band (and spot tracker if applicable) removed by a race official.
25. Any participant wanting to withdraw from the event before the finish can only do so at designated aid stations and must notify event personnel and sign a withdrawal form. The official in charge of that area will remove the competitors wrist band and take possession of the spot tracker if applicable.
26. Timing will be a combination of manual and automatic. The finishing time given by the event organisers as published on the event website will be final.
27. The event organisers reserve the right to discourage or penalise any behaviour deemed as being un-sportsman like.
28. Any complaint or request for special consideration of any kind must be put in writing to the Race Committee. Any decision of the Race Committee will be final and further correspondence not entered into.

#### **SPECIFIC TO THE 231KM SONDER MONSTER**

29. All 231km entrants must wear a SPOT Tracking device for the entire time they are on the course participating in the event. The device must be activated in continuous tracking mode.
30. Pacers or buddy runners are permitted after Ellery Creek (109kms) for 231km individual entrants.
31. All 231km entrants will have to pass a mandatory medical check at Standley Chasm (166km) with the decision of medical personnel and the Race Director being final.
32. Support crews are only permitted to drive into publicly accessible trailheads and must follow the directions of aid station volunteers at all times.
33. Cut-off times will be enforced but are also at the discretion of the Race Director
  - 103km Ellery Creek Check Point - 27 hours (3pm Saturday)
  - 166km Standley Chasm Check Point - 49 hours (1pm Sunday)
  - 206km Simpsons Gap Check Point -56 hours (8pm Sunday)
  - 231km Alice Springs Telegraph Station - 60 hours (Midnight, Sunday)

#### **SPECIFIC TO THE 128KM ELLERY MONSTER**

34. All 128km entrants must wear a SPOT Tracking device for the entire time they are on the course participating in the event. The device must be activated in continuous tracking mode.
35. Pacers or buddy runners are permitted after Standley Chasm (~63km) for 128km individual entrants.
36. Support crews are only permitted to drive into publicly accessible trailheads and must follow the directions of aid station volunteers at all times.
37. Cut-off times will be enforced but are also at the discretion of the Race Director
  - 63km Standley Chasm Check Point - 19 hours (7am Sunday)
  - 103km Simpsons Gap Check Point - 32 hours (8pm Sunday)
  - 128km Alice Springs Telegraph Station - 36 hours (Midnight, Sunday)

#### **SPECIFIC TO THE 65KM STANDLEY MONSTER**

38. Pacers or buddy runners are permitted after Simpsons Gap (40km) for 65km individual entrants.
39. Buddy runners are not permitted in the 65km Event
40. Cut-off times will be enforced but are at the discretion of the Race Director
  - 40km Simpsons Gap Check Point - 13.5hours (8pm Saturday 25th May)

#### **SPECIFIC TO BUDDY RUNNERS**

35. Buddy runners may assist the main runner in any way (such as carry food or supplies, navigate, shine additional light), except, may not physically carry the runner or the runner's SPOT Tracker at any time, nor physically push or pull the main runner at any time via direct or indirect contact. Buddy runners cannot carry the mandatory gear of the competitor, their water or any other gear the runner must carry at all times
36. Buddy runners are required to advise event staff when they exit and enter an aid station
37. Buddy runners must stay within 100m of their main runner while travelling with them on the course and not interfere with the progress of other runners on the course
38. Buddy runners must wear the appropriate race bib at all times they are on the course
39. The use of buddy runners prior to the allowed points on the trail as per the race rules will result in disqualification.

40. Any changes to the order or starting and end points of any buddy runner must be reported to the Race Director or his delegate and can be done through a checkpoint official
41. All of the rules regarding the conduct of participants apply equally to buddy runners.

**THE LARAPINTA TRAIL TREK CODE**

1. No Open Fires. Stove Fuel Only
2. Dispose of Rubbish Properly
3. Dispose of Human Waste Properly
4. Use Drinking Water Wisely
5. Protect the Waterholes
6. Use Trail Etiquette
7. Help Protect the Natural Ecosystem
8. Respect Aboriginal Culture & Heritage
9. Keep Groups Small
10. Be Prepared