



We respectfully acknowledge the traditional custodians, past, present and emerging, of the land over which the West Macs Monster Trail Running Festival is held on.

West MacDonnell National Park, known as Tjoritja by the traditional custodians of the land, is considered an area of great significance in the local Arrernte culture. Please take nothing but photographs and memories and leave nothing but footprints (and a little bit of your soul....).

This will possibly be one of the most gruelling trails you will ever encounter. These rules are designed to make the event as safe, fair and enjoyable as possible.

### WEST MACS MONSTER RACE RULES

- 1) All conditions of entry must be met by entrant's and pacers, 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, on the designated course – 'The Larapinta Trail'.
- 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) The Event Director is supported by three assistant Race Directors, one of whom will be in charge of the running elements of the event at all times. The Event and Race Directors reserves the right to delegate their powers to any race official to carry out any of their duties to manage the race.
- 5) All entrants and pacers must attend the race briefing relevant to their event distance. From 2025 onwards, 25km entrants will have their briefing at the start line of their event.
- 6) Safety of participants during the event is the number one 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.
- 7) For a compassionate time claim for runners that render assistance to be eligible to be assessed and finishing times adjusted accordingly should that be required, the following steps must be followed.
  - The injured runner must press the help button on their SPOT Tracker (or send a text message if in mobile range) to indicate and log the time that assistance from another runner was required from.
  - Additionally, the runner rendering assistance should take a photo of themselves with the injured runner at the commencement of providing assistance and before they leave the injured runner (if able to do so).
  - Any compassionate time claims must be lodged with the Event Director in writing via email or their delegate within two (2) hours of finishing the event. Submission for review is to be via email only to [run@westmacsmonster.com.au](mailto:run@westmacsmonster.com.au)
- 8) All entrants must always carry the required mandatory gear. Failure to do so will result in disqualification.
- 9) Mandatory gear checks will occur at race registration. Ultra-distance entrants must present everything to our race officials. 25km entrants will be required to sign a declaration that they are carrying the required mandatory gear. No discussions will be entered into about appropriateness or content of mandatory gear kits. It is a subject of risk management for the event and our requirements are reasonable and appropriate, given the remote and rugged nature of the event.
- 10) Mandatory gear checks can occur randomly at any aid station and/or immediately after a competitor crosses the finish line. Non-compliance at an aid station will require rectification prior to continuing or the entrant will not be allowed to continue, thus resulting in a DNF. Non-compliance after the finish line will result in a DNF and no medal or award will be issued, unless the item had been legitimately used to assist a fellow runner – for which verification will occur. There is no further discussion allowed on a DNF result.
- 11) If you are assisting a fellow runner that requires mandatory gear utilised – such as first aid equipment. It is recommended that you use the competitors own gear in the first instance so you are not penalised by a shortfall in your own mandatory gear.
- 12) 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 may result in disqualification. The number must be visible at all times and no clothing or carried equipment can obstruct the reading of this number.
- 13) All entrants will be issued a wrist band which authorises entry to the race and must be worn for the entire duration. The wrist band will be fitted at registration. No wrist band – no race. Entrants will have their wrist bands removed by



a race official on withdrawal or completion of the event. Wrist bands cannot be altered or removed by anyone other than an authorised race official as instructed by a Race Director.

- 14) All instructions, briefings, directions, course notes will be in the English language. You will need to have an interpreter or reliable means of understanding these if English is not easily understood.
- 15) 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, and taking out your own toilet paper if it can't be buried more than 30cm deep in the ground (very hard to achieve in most places on the trail).
- 16) 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.
- 17) Any rules, instructions and conditions of use stipulated by NT Parks and Wildlife must be fully adhered to.
- 18) Trail junctions/alternative routes/side attraction walks etc are not going to be marked with additional event directional signage. The mandatory gear list requires the availability at all times of an offline map on a phone with the course downloaded on it to aid in navigation. It is imperative that competitors are familiar and competent in using this tool for navigational aid at junctions or any other time there is a question that they are on the correct course. There is a navigation element to the event and the course is generally only marked by the official Larapinta Trail **BLUE** triangle markers.
- 19) 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.
- 20) All runners must pass through and be checked off at each manned aid station.
- 21) 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.
- 22) Any protests against another runner or the event, must be lodged in writing within two (2) hours of completing the event to the Event Director or their delegate. Any subsequent decisions made by the Event Director are final and no correspondence will be entered into. Protest lodgements are via email to [run@westmacsmonster.com.au](mailto:run@westmacsmonster.com.au)
- 23) 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).
- 24) All pacers must be properly registered and have paid the appropriate fee. If a competitor is found to be running with a pacer not registered and paid, the competitor will be disqualified, or their result changed to a DNF. Approvals can be sought during the event for additional pacer if needed by a competitor from the race director.
- 25) Crews seen to be providing aid at any other location outside of the publicly accessible aid stations will see disqualification or time penalties applied to their runner. A list of crew access locations is available on the website.
- 26) Medical personnel and the Race Director will have final authority on the fitness of any participant to continue or not.
- 27) No refunds will be given for any participant who does not finish due to voluntarily withdrawing, or missing a cut-off time, or through a decision of medical personnel or the Race Director.
- 28) Performance enhancing drugs are strictly forbidden.
- 29) Nutritional supplements, caffeine, gels, chews etc and mild over the counter painkillers/anti-inflammatories are permitted but are used at the entrant's own risk.
- 30) 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. Water gained from natural sources (if any) on the trail can be used at the competitor's discretion and treatment is highly recommended prior to drinking. This is not to be relied upon and generally there is none.
- 31) All medical conditions must be fully disclosed to the event organisers during the registration process.
- 32) 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.
- 33) 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.
- 34) 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.
- 35) The times shown on the official results for aid stations and checkpoints are the time you arrived at the Aid Station. Therefore, your overall leg times will include the time spent at the previous aid station(s).

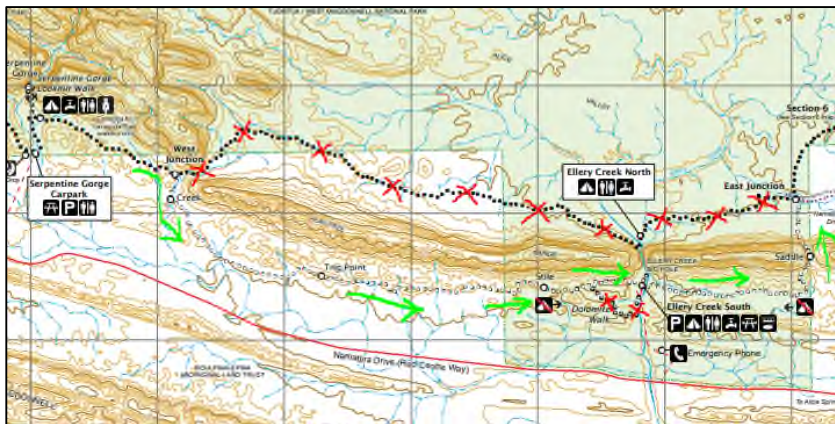




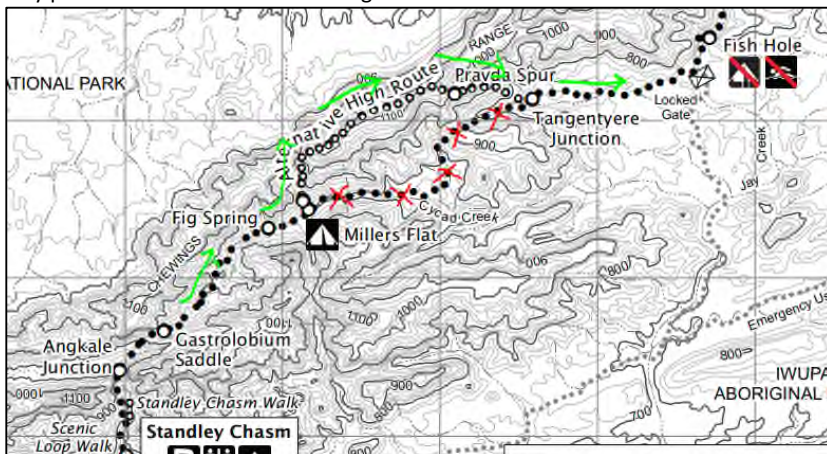
- 36) Cut-off times are in place to ensure safe management of the event can occur. Listed in each event below are the official cut-off times and locations for each event. The Race Director or their delegate has additional discretionary power to withdraw a competitor at an intermediate aid station or location, if, by assessing the competitors' progress and health and calculating the competitors current average and progress pace, and with knowledge of the terrain and distances ahead and considering its likely impact on the competitors ability to maintain or increase pace, there is no way that they will be able to make the next cut off location by the allotted time.
- 37) Cut off times are the time you must leave the Aid Station by.
- 38) Start times will be sharp. If you arrive late, you may be permitted to start if the sweep has not already left. The clock will start at the allocated start time. All runners must be in front of the sweep for safety reasons. This is at the discretion of the race director.
- 39) Any competitor finishing outside of the allotted total allowable time for their respective race, will be recorded as a DNF in official results. For clarity – if a competitor finishes as little as one second past the official finish line event cut off time, they will be recorded as a DNF and will not be eligible for a finisher's plaque, trophy, medal or other such reward, even though the entire course was completed.
- 40) The event organisers reserve the right to discourage or penalise any behaviour deemed as being un-sportsman like.
- 41) Any complaint or request for special consideration of any kind must be put in writing to the race committee, via email, to [run@westmacsmonster.com.au](mailto:run@westmacsmonster.com.au) within two (2) hours of the entrant concerned crossing the finish line. Any decision of the race committee will be final and further correspondence will not be entered into.

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

- 42) All 231km entrants must wear the issued 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. The device is to be worn high in, or on top of the competitors pack with the front of the unit facing up to the sky.
- 43) The course has two places where alternative trails are available to take. The official race line/course is the only permitted route. For clarity;
  - a) Section 7 between Serpentine Gorge and Ellery Creek. The South route to the Ellery Creek Carpark (veer right approx. 2.6km from Serpentine Gorge) **is the only permitted course route**. The carpark is where the aid station is located and all participants must pass through this point. See below image of section 7.



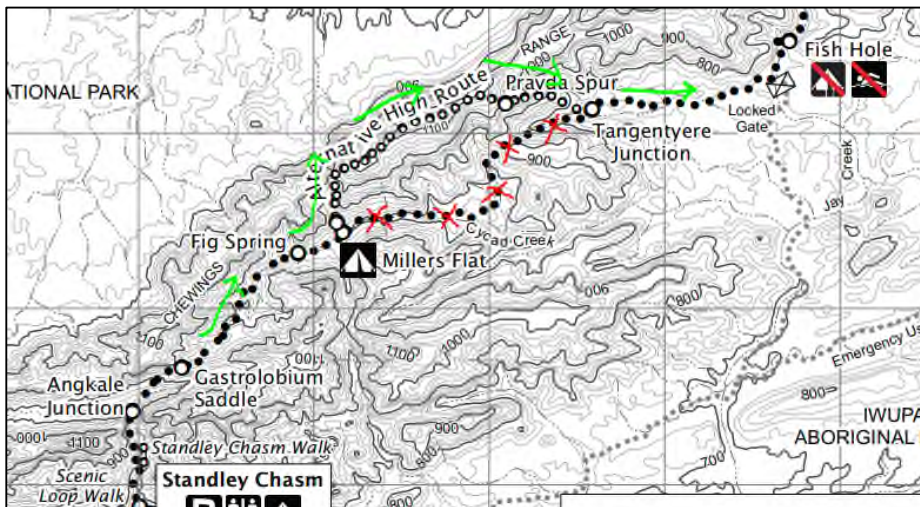
- b) Section 3 between Standley Chasm and Fish Hole Aid Station, the High Route, from Millers Flat (turn left) is the only permitted route. See below image of section 3.



- 44) Pacers are permitted from and any time after Ellery Creek (109kms) for 231km individual entrants.
- 45) Only one pacer per competitor is allowed at any one time, however all crew/pacers/family/supporters may run with their competitor from Geoff Moss Bridge to the finish line (approximately the last 5km) if they so desire. Your crew have to make their own transport arrangements for this.
- 46) All 231km entrants will have to pass a mandatory cognitive medical assessment at Standley Chasm (166km) with the decision of medical personnel and the race director being final.
- 47) Support crews are only permitted to drive into and provide aid at the publicly accessible trailheads and must follow the directions of aid station volunteers at all times.
- 48) Cut-off times will be enforced but are also at the discretion of the race director
  - 49km Ormiston Gorge – 10 hours (7pm Friday)
  - 103km Ellery Creek Aid Station Check Point - 24 hours (9am Saturday)
  - 166km Standley Chasm Aid Station Check Point - 45.5 hours (6.30am Sunday)
  - 206km Simpsons Gap Aid Station Check Point - 55 hours (4pm Sunday)
  - 231km Alice Springs Telegraph Station Finish Line - 60 hours (9pm Sunday)

**SPECIFIC TO THE 128KM ELLERY MONSTER**

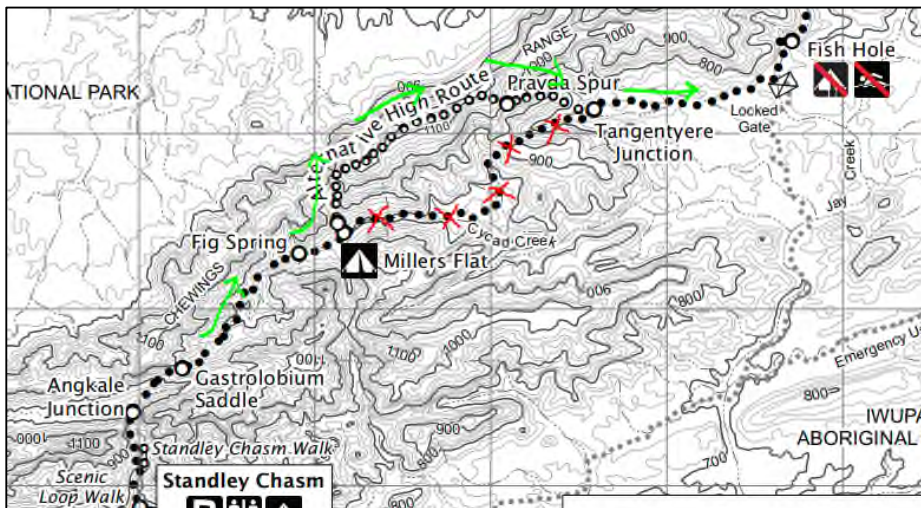
- 49) All 128km entrants must wear a SPOT Tracking device for the entire time they are on the course participating in the event. The device must be activated in continuous tracking mode.
- 50) Pacers are permitted after Standley Chasm (~63km) for 128km individual entrants.
- 51) Only one pacer per competitor is allowed at any one time, however all crew/pacers/family/supporters may run with their competitor from Geoff Moss Bridge to the finish line (approximately the last 5km) if they so desire. Your crew have to make their own transport arrangements for this.
- 52) Support crews are only permitted to drive into and provide aid at the publicly accessible trailheads and must follow the directions of aid station volunteers at all times.
- 53) The course has one place where an alternative trail is available to take. The official race line/course is the only permitted route. For clarity;
  - a) Section 3 between Standley Chasm and Fish Hole Aid Station, the High Route, from Millers Flat (turn left) is the only permitted route. See below image of section 3.



- 54) Cut-off times will be enforced but are also at the discretion of the race director
  - 63km Standley Chasm Aid Station Check Point - 18.5 hours (6.30am Sunday)
  - 103km Simpsons Gap Aid Station Check Point - 28 hours (4pm Sunday)
  - 128km Alice Springs Telegraph Station Finish Line - 36 hours (9pm Sunday)

**SPECIFIC TO THE 65KM STANDLEY MONSTER**

- 55) Pacers are not permitted in the 65km event
- 56) Support crews are only permitted to drive into and provide aid at the publicly accessible trailheads and must follow the directions of aid station volunteers at all times.
- 57) Cut-off times will be enforced but are at the discretion of the race director
  - 40km Simpsons Gap Aid Station Check Point - 9.5hours (4pm Sunday)
  - 65km Alice Springs Telegraph Station Finish Line - 14.5 hours (9pm Sunday)
- 58) The course has one place where an alternative trail is available to take. The official race line/course is the only permitted route. For clarity;
  - a) Section 3 between Standley Chasm and Fish Hole Aid Station, the High Route, from Millers Flat (turn left) is the only permitted route. See below image of section 3.



**SPECIFIC TO PACERS**



- 59) Pacers may assist the main runner in any way (such as carry food or non-mandatory supplies, navigate, shine additional light etc) They must 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. Pacers cannot carry the mandatory gear of the competitor, their water or any other gear the runner is mandated to carry at all times.
- 60) Pacers must carry the same mandatory gear kit as required by the runner they are pacing at all times whilst pacing their runner.
- 61) Pacers are required to advise event staff when they exit and enter an aid station.
- 62) Pacers must enter and exit only at an official publicly accessible aid station.
- 63) Pacers 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.
- 64) A Pacer must enter and exit all aid stations together with their runner. Pacers cannot run forward to organise aid at an upcoming aid station. This is considered unsportsmanlike and disadvantages those competitors who do not have this support.
- 65) Pacers must always wear the supplied race bib in a visible location whilst they are on the course.
- 66) The use of pacer prior to the allowed points on the trail as per the race rules will result in disqualification.
- 67) Only one pacer is allowed to run with their competitor at any one time.
- 68) For ultra-distance competitors, (231km, 128km and 65km), all the competitors' crew/pacers/family/supporters etc are permitted to run as a group from Geoff Moss Bridge to the finish line (approximately the last 5km of the event) if they so desire. Transport arrangements for this are solely the responsibility of the crews and is not an event provided option. The event recognises the incredible journey taken to reach this point and allow the whole crew to be by the runners' side for the last few kilometres. You are to manage your own safety and logistics in this process. Registration for this last ~5km is not required.
- 69) 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
- 70) All the rules regarding the conduct of a participant apply equally to a pacer.

## 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 and heritage
9. Be prepared