

3 Marathons in 3 Days Staged Trail Race Rules, 2022

Date: Friday – Sunday, 8-10 July 2022

Longest length: 126.6km over three days

Email: info@3marathonsin3days.com

Event Organiser: Dynamic Running Ltd.

Race Director: Lorraine Lawson

Mobile: 0417 798 444

- You must complete the marked course on foot under your own power. Trekking poles are permitted.
- You must stay on the marked course. Short cuts are not permitted. If you think you have gone the wrong way, check your map, wait for another competitor or go back.
- Your race bib must be visible at all times on the **front** of your body.
- You must carry the Mandatory Gear for the entirety of the event – you must produce the gear on request from a race official.
- The use of earphones is **NOT allowed**. You must remain aware of your surroundings at all times. Actively listen for call from other competitors, or other sounds (like pigs or cassowaries).
- It is your responsibility to get your name ticked off at all checkpoints.
- If you need First Aid help on the course you must attract the attention of another runner, track user, motorist or go to the nearest checkpoint or to the finish line.
- If you withdraw from the event, report to the closest checkpoint or finish line and hand in your race bib. Please **Do NOT leave without informing someone**.
- If another competitor is in trouble, you must stop to help them.
- You must obey all directions of race officials.
- Race officials can and will withdraw **any competitor** from the course, as required.
- Use of profanity or aggression towards race officials or other competitors will result in immediate disqualification from the event. The volunteers/marshals on the course are NOT the people to talk to or abuse if you have a problem, speak directly to the race director.
- Obey all road rules and give way to vehicles, trail bikes, mountain/road bikes, horses, pigs and cassowaries.
- **Do Not Litter** - Put your rubbish in the bins provided at the checkpoints and the start/finish.
- Pets/Dogs anywhere along the course are **prohibited** – this applies to competitors, volunteers and support crew.
- If you need to go to the toilet, either get well off the track and use 'leave no trace' principles.
- Leave gates as you find them.
- Support crews must follow the instructions of race officials.
- The event organiser is not responsible for the safety or whereabouts of support crew.
- For safety reasons, and due to the terrain, wheelchairs are unable to compete in this event.
- All decisions of the race director are final. The race director is the sole judge of fact, there is no right of appeal regarding any decision made by the race director.

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