

## Rules & Regulations

### General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event (**LKEDFR2022**) that has been signed up.
- The Organiser reserves the right to limit, accept or reject any entries without assigning any reasons thereof.
- All participants are required to complete the Online Registration entry form with accurate and correct information.
- Once the registration is being processed, there will be **NO REFUND** for those who fail to show up for the race and/or withdraw from it.
- The race registration will only confirm when full payment of the race entry fee has been made.
- Race category or race entry is not transferable.
- Strictly **NO CHANGES** of name and race category after registration is completed. Please check and ensure all details are correct before submitting.
- On-the-spot entries will **NOT** be entertained.
- Whilst every reasonable precaution will be taken by the Organiser to ensure the participants' safety, participants partake in this event at their own risk and the Organiser shall not be liable for any bodily injuries, loss and/or damage to property, whether personal or otherwise, and howsoever arising.
- The Organiser reserves the right to use any photographs or recordings of the participants for any commercial or advertising purposes for any commercial advertising including legitimate purpose.
- The Race Director/Organising Committee decision is final.
- All participants should pick up their Race Packs and Goodie Bag on the Race Entry Pack Collection (REPC) day which has been designated.
- Participants can appoint a friend to collect their Race Packs should they are not able to be present personally.
- Participants who do not collect their Race Pack during the scheduled date and time will be forfeited.
- Anyone who reports later than the flag-off time will not be allowed to participate in the race. Latecomers should be aware that their timings would have commenced when the race begins.
- A participant may be disqualified for the following reason(s):
  - (a) Refusing to follow the rules and regulations and /or instructions given by the Organiser and/or Race Officials.

- (b) Consumption of alcohol, stimulants or any kind of prohibited drugs 24 hours before the race.
- Any participants decided to withdraw from the race should report to the Race Officials.
- The details on the reverse side of your RACE BIB must be filled in to enable us to contact your next-of-kin in case of emergency.
- The Timing Chip is the sole means of race timing measurement.  
NO CHIP = NO TIMING

### **Transition Area (Only For Ultra Runners)**

- All tables are numbered according to the race numbers of every participant.
- All participants are required to place their personal belongings at the designated table with their race numbers.
- Participants must not interfere with another participant's belongings.
- Supporters are not permitted in the Transition Area.
- All food & drinks will be served only in the transition area for participants.
- BYOB "Bring your Own Bottle" Station is additional personal food/drink from runners themselves.
- Organisers provide food & drink at the station. Bring your own Cup, bowl or utensils.

### **Prohibited Actions**

- Taking shortcuts and / or running off the track.
- Do not throw any garbage onto the course.
- Cheating (using substitute runners, using other means of transportation)
- Not carrying your running bib with you.
- Continuing the run after the cutoff times.
- Doping and the use of prohibited drugs.

### **Runners Responsibilities**

- You understand the unique nature and requirements of competing in a long distance running race. You will be running all day and night and have undertaken the necessary training to complete in such a race.
- You will be responsible for yourself and have the ability to deal with any problems that may be encountered during the race.

- You are able to deal with, on your own without assistance, deteriorating weather conditions (Heat, Rain, Strong Winds) and other troubles expected when travelling across road and hill.
- You are able to deal with extreme fatigue, internal organ and digestive problems, muscle pain, mild physical injuries and psychological problems on your own.
- You are fully aware that when participating in an outdoor activity such as this race, your safety depends on your own skills and abilities.

### **Inclement Weather**

- In the event of inclement weather, the Organizer reserves the right to delay the commencement of the race.
- Should the inclement weather persist after the delay, the Organizer reserve the right to further delay or postpone the race without any refund of registration fees.

### **Medical Advisory**

- Ultra running is a physically demanding sport. Therefore, if you are unsure of your physical health condition, please seek medical advice from a medical professional before your register for the race.
- Participants are advised against the consumption of alcohol, stimulants or any kind of prohibited drugs 24-hours before the race.
- Participants are to ensure that they are physically prepared, well-rested and well-hydrated on the race day.
- Should a participant feels unwell in the course of the race, he/she should stop and seek immediate medical attention from the on-course ambulance or at the finishing area.
- If a participant is deemed to be physically incapable of continuing the race eg. Severe dehydration, dizziness, fainting; the Race Officials and/or Medical Practitioner has the rights to remove him/her from continuing the race. The Organizer's decision is final in determining the removal/disqualification of the participant(s).

Organised by



In Collaboration with

