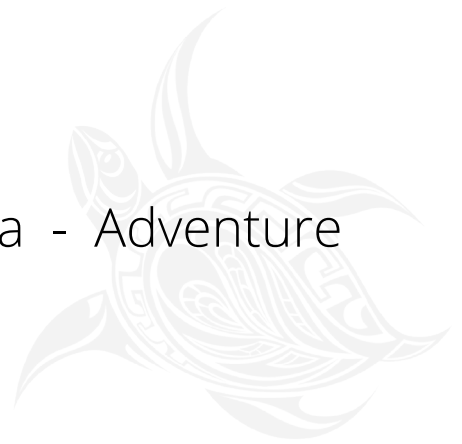


The Rules

Race Rules for The Lost Island Ultra - Adventure Ultra-Marathon



The Race:

The Lost Island Ultra is an Extreme Ultra Distance Footrace set on the island of Fiji. The 220km race distance is split in to 5 stages with a maximum number of 6 days to complete the course. There are Checkpoints (CP's) between 10 and 15km apart with water and aid located at each one. Every competitor must pass and register at each CP, failing to do so will result in instant disqualification.

Competitors:

We accept entries from 18 years old, male and female individuals. We will have individual categories for the following competitors; male, female, veteran and Para. Acceptance for entry in the Para category will ultimately rest with the race director, health & safety is of the utmost importance. Each race will also have a local runner's category for both male and female. Local runners will also be entered in to the overall category if they follow the exact same rules as the main race including kit requirements and kit inspections. Race categories will only stand if at least 3 of its type are entered.

Equipment:

As a semi-supported race, competitors are required to bring each of the compulsory items on the list. Failure to do so will result in time penalties, or in the event of multiple or severe kit omissions exclusion from the race on safety grounds. The kit is then split in to two categories when you race, day kit and camp kit. Failure to include compulsory day kit each day, will incur in a penalty time being added to your finish time, these times are extremely penal, you have been warned. There will be spot checks whilst in camps, on course and at checkpoints to prevent any unfair competitor advantage. LIU do not specify competitor equipment beyond that listed in your medical/ compulsory kit list.

Day Kit:

Approximately 1000 calories of food/bars for stage. 1.5l of water carrying capacity, compass, mirror, Piriton, Paracetamol, Head Torch, Whistle & Glow Sticks.

Assistance:

Assistance may be given at camps, stages and checkpoints by official LIU volunteers and staff members only. Assistance will take the form of medical treatment, care, advice and attention where necessary. Outside interference is not permitted in any way and will be dealt with by instant disqualification of the individual concerned. Outside interference is deemed to be receiving any assistance from persons not connected to LIU.

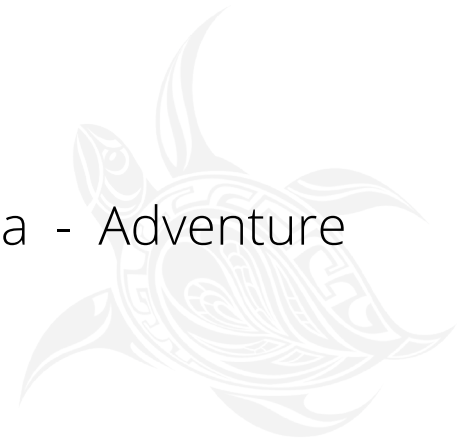
Food & Water:

It is the individual competitor's responsibility to ensure that they carry sufficient food and water carrying capacity for the duration of the race. LIU require you to carry a minimum water carrying capacity of 1.5l, which you will have the opportunity to replenish at each checkpoint and camp. There is a minimum required calorie allowance of 1000 per day that must form part of your day kit, even if you do not intend on eating this amount, you must take this each day.



The Rules

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Voluntary Withdrawal:

If you need to withdraw from the race due to ill health, pain, or discomfort you will need to notify a member of the LIU staff of your intention. We will ensure you are returned to camp safely with our staff where you will no longer officially take part in the race. If the reason for your withdrawal disappears there may be the opportunity to further take part in the individual stages, although the decision will ultimately rest with our medical team. There is no provision for individuals to be taken from the race, transported to a hotel or delivered to the airport, any such travelling or arrangements will be totally at the cost of the competitor and will not disadvantage the race in any way

Disqualification:

If you are disqualified from the race for any reason, LIU staff will ensure you are taken to camp safely where you will remain for the duration of the race. There is no provision for individuals to be taken from the race, transported to a hotel or delivered to the airport, any such travelling or arrangements will be totally at the cost of the competitor and will not disadvantage the race in any way.

Time Penalties & Disqualification:

- Missing Medical Item – 2 Hours
- Missing Compulsory Kit Item – 2 Hours
- Missing Item from Day Kit – 1 Hour per item
- Requirement for a Saline Drip – 2 Hours per drip
- Removal/Loss of Race Number – 1 Hour, if not reported DQ
- Accepting Assistance – 6 Hours
- Dropping Litter or otherwise Contaminating Race Area - DQ
- Dropping Litter or Otherwise Contaminating Campsites - 6 Hours
- Missing any CP – DQ
- Wrong type of Duffel bag - £200 rental fee of one of our bags, and storage of your incorrect bag.

