



REGULATION OF THE TRAILS

ULTRA-TRAIL ET TRAIL LES TRACES DU NORD BASSE-TERRE from March 08 to March 10, 2019

1 - Organisation

The TANBOU RANDO association (association under law 1901) is organising an Ultra-Trail and Trail known as Les Traces du Nord Basse-Terre in Nord Basse-Terre in GUADELOUPE.

2 - Definition of the races

A) The Ultra-Trail, measuring approximately 154 km, with approximately 6400 metres of elevation gain, crosses the towns of Nord Basse-Terre primarily using paths. This Ultra-Trail is reserved for people who have trained and are in good physical condition. The race takes place in a single stage and at the pace of each individual, subject to the cut-off times indicated in the road book and available online.

After this cut-off time, the competitors will not be ranked and their bib will be invalid. They will not be able to benefit from the assistance provided by the Organisation, which cannot be held liable for the consequences of this....

B) The Ultra-Trail, measuring approximately 83 km, with approximately 2400 metres of elevation gain, crosses the towns of Nord Basse-Terre primarily using paths. This Ultra-Trail is reserved for people who have trained and are in good physical condition. The race takes place in a single stage and at the pace of each individual, subject to the cut-off times indicated in the road book and available online.

After this cut-off time, the competitors will not be ranked and their bib will be invalid. They will not be able to benefit from the assistance provided by the Organisation, which cannot be held liable for the consequences of this....

C) A Trail, measuring approximately 47 km and with an elevation gain of approximately 1000 metres and a night Trail measuring approximately 20 km and with an elevation gain of 530 metres.

The maximum time allowed to complete the race is specified in the cut-off times table available on line and also displayed in the road book. After this time limit, the competitors will not be ranked and their bib will be invalid. They will not be able to benefit from the assistance provided by the Organisation, which cannot be held liable for the consequences of this.

3 - General Conditions

By registering, the competitors agree to comply with these rules and the organisers cannot be held liable for any incident or accident that may arise due to failure to adhere to these rules.

4 - Competitor admission requirements

Any person of any gender of at least 18 years of age on the date of the race is eligible to register as a competitor.

A medical certificate that states the competitor is physically fit to endure prolonged and intense periods of exertion. This must be returned to the Organisation before 28 February 2019. The bib number cannot



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be assigned until the Association has received this certificate. It is not possible to transfer from one race to another.

5 - Competitor categories and rankings

All the participants of Les Traces du Nord Basse-Terre shall fall into one of the 6 Men's and Women's age categories listed in the table below:

- 1-up and coming Men and Women (ESPH – ESPF) 18 to 21 years
- 2-Senior Men and Women (SH - SF) 22 to 39 years
- 3-Veteran 1 Men and Women (V1H - V1F) 40 to 49 years
- 3-Veteran 2 Men and Women (V2H - V2F) 50 to 59 years
- 5-Veteran 3 Men and Women (V3H - V3F) 60 to 70 years
- 6-Veteran 4 Men and Women (V4H - V4F) 70 years and over

To define the category, the calendar year is taken into account

The time of each competitor shall be broken down into hours, minutes and seconds. The Organisation's stopwatch shall be the only official time. In the case of a draw, the advantage will be given to the oldest competitor involved, with it being reiterated that only one prize will be awarded.

Verifications on arrival will enable the timekeepers to establish the race rankings.

6 - Checks at the beginning and during the race

Routine checks of the mandatory equipment (see art. 14) will be carried out at the start of each course in order to verify that each competitor has the mandatory equipment mentioned in article 14. No one can start the race unless they have the equipment required by the organisation.

No one can start the race without this equipment.

In addition, random bag checks may be carried out by the Organisation at any time during the race.

7- Checkpoints

Checkpoints are spread out along the course, and the competitors must pass through these checkpoints.

8 - Withdrawal

In the event of withdrawal from the race, the competitor must inform the person in charge of the closest checkpoint and hand their bib over to this person so that the number can be disqualified. Failing this, the Organisation cannot be held liable for the consequences that may result from failure to comply with this rule (dispatch of search parties...).

9 - Road Book

The competitors may download the cut-off time table from Les Traces du Nord Basse-Terre website.

This includes practical information such as the checkpoint closing times, location of refreshment stations, as well as the personal assistance possibilities. This description may be modified by the Organisation based on the circumstances.

10 - Medical Assistance

A multi-disciplinary medical team, put in place by the Organisation, will be present for the entire duration of the race. It will provide medical assistance to the competitors at the stations listed in the road



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book and indicated by the organisation. It will immediately inform the Race Director or their Assistant of the competitor's inability to continue the race. The Organisation will have the final decision.

11 – Insurance

The organiser is covered by civil liability insurance for the organisation of the race. This insurance does not cover the individual risk of the runners for legal action against the organisers. It is the responsibility of each participant to have their own individual Accident insurance that covers sporting or leisure activities (members benefit from the coverage granted by the insurance linked to their association, nonmembers must take out personal insurance).

The Association is no longer held liable after withdrawal, disqualification for arrival after the cut-off time, medical decision or other decision by the Race Director.

12 - Assistance provided by the organisation during the race

The competitor may benefit from rest points and refreshment stations provided by the Organisation and indicated in the Road Book.

Food and drinks: The principle of this race is food self-sufficiency. However, almost all of the stations (see list in the Road Book and on the official website) are stocked with marathon-type food and drink, with hot meals at certain stations.

13 - Personal assistance

The competitors will only be able to benefit from personal assistance at the checkpoints (see Road Book), which excludes any "mobile", "running", "water-carrier" companions, (Cf. art. 16).

The areas to which access is prohibited for competitor assistance vehicles are indicated in the prefectural decree regarding the race authorisation.

The bags containing a change of clothing entrusted to the Organisation in the context of the race must be collected by their owner within 48 hours of the end of the race. Failing this, they will be destroyed.

14 - Equipment

a) mandatory : in addition to wearing the bib on the front, 1 mobile phone, 1 bag that enables the mandatory equipment to be transported, which must contain the following: 2 headlights or torches with spare battery(ies); 1 survival blanket; 1 water container with a volume of at least one litre; 1 whistle; 1 compression, elastic and adhesive bandage measuring at least 2.50 m long and 6 to 8 cm wide; 1 food reserve; 1 rain jacket.

b) recommended (non-exhaustive list): 1 sweatshirt, 1 lighter, 1 knife, 1 piece of string for possible repairs, 1 bottle of sun lotion, 1 tube of Vaseline, a change of clothes, the road book and a small amount of money.

15 - Penalty

Three hour penalty :

a/ Failure to comply with article 14.

b/ Bib not correctly attached. The bib must be worn on the front at waist level and not on a bag.

c/ Unauthorised assistance ("water carrier" or "runner").

16 - Grounds for disqualification



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- a/ Lack of bag or any other container that enables the mandatory equipment to be transported.
- b/ Lack of bib.
- c/ Reaching a checkpoint after the closing time.
- d/ Use of any means of transport during the race.
- e/ Lack of more than one piece of mandatory equipment during the race.
- f/ Failure to assist a competitor in difficulty.
- g/ Pollution and damage of the site of the race by the competitors or by those assisting them.
- h/ Insults or threats made against recognised volunteers, inspectors, stewards or members of the Organisation. Any written or verbal declarations of a defamatory or harmful nature, during and after the event, may be sanctioned by the Management Committee by way of a ban on participating in one or more races for one or more years, based on the severity of the remarks and independently of any legal action taken.
- i/ Refusal to undergo a medical examination during the race.
- j/ Competitor deemed to be unfit to continue the race by the race director or based on a doctor's opinion, due to the person's physical or mental state.
- k/ Dangerous behaviour of a competitor, repeat possession of a prohibited item.

17 - Complaints

Complaints may be made in writing within 30 minutes of the full posting of the provisional results by the Race director at the finish line, and will be subject to a jury decision.

18 - Race jury

This is composed of: The Chairman and Vice-Chairman of the Tanbou Rando Association, the Race Director or a steward, an Assistant Director and any competent person whose presence is deemed useful by the jury. This jury is authorised to rule by a deadline that is compatible with the requirements of the race with regard to any dispute or disqualification that takes place during the race, with the person concerned duly heard. The decisions are not subject to appeal. After examining the complaints presented in the format and by the deadline set out in art. 15, the Race Director will proceed with the declaration of the final results.

19 - Photographic and televised coverage, Video and Rights

All competitors expressly waive their right to claim image rights during the race, as well as the right to take any legal action against the organiser and its approved partners with regard to the use made of their image. Professional videographers or photographers must obtain authorisation from the Organisation. In addition, it is understood that no image, photograph or video may be marketed to any private partners or television channels of any nature without the express agreement of the TANBOU RANDO Association.

20 - Safety and Assistance

This is provided by a network of fifteen checkpoints and sanitary stations (medical and para medical), first aiders from the Red Cross, inspectors/signallers, safety warden teams...

21- Registration fees

The sum of the registration fees per competitor is indicated on the website. These fees include all of the elements set out in articles 9, 11, 12 & 13.



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In the event of registration cancellation, the fees will be reimbursed as follows:

* Withdrawal before 22 February : 50% of the registration fees upon presentation of a medical certificate or any other serious grounds, subject to the assessment of the organisation. In the absence of a medical certificate, no refund will be paid.

* From 23 February , no refunds will be paid in the event of withdrawal.

22 - Ranking and prizes

A table of prizes is indicated in the road book and on the website.

In addition, all the "finishers" receive, for Les Traces du Nord Basse-Terre : A t-shirt, a commemorative medal and a meal voucher. They may download a certificate of completion.

23 - Route changes

The Organisation reserves the right to change the route at any time without notice.

24 - Registration deadline

Registration will be closed by the date indicated on the website, unless the quotas are reached prior to this. The number of competitors is fixed by the Management Committee of the Association every year, and is indicated on the website.

25 - Cancellation of the races

In the event of cancellation of the races, Les Traces du Nord Basse-Terre:

- On the initiative of the Organisation; the TANBOU RANDO association will refund the registration fees to the competitors based on the proportion of the race preparations already completed.
- In the event of force majeure (exceptional bad weather, volcanic eruption, administrative ban or any other unforeseeable, uncontrollable or insurmountable event) the Association shall retain the sum of the registration fees.