

# Rules and Regulations

## 2024 Beachcomber Trail

### 65KM/25KM/10KM

## 1. ORGANISATION

1.1 BEACHCOMBER<sup>1</sup> will host on 28 July 2024 in Mauritius the Beachcomber Trail®, which includes the Trail du Sud Sauvage®, the Trail du Nautile® and the Trail du Souffleur®.

## 2. RACES

2.1 The Beachcomber Trail® is an event offering various outdoor races along the nature trails of Mauritius. All the races are single-step events to be completed at the runners' own pace with a time limit.

- The Trail du Sud Sauvage®: an approximately 65km race with some 2,300m of cumulated elevation gain, starting from Chassé de Case Noyale, to be completed within 15 hours under the partial self-support principle.

**This race is registered on the International Trail Running Association (“ITRA”) calendar.**

- The Trail du Nautile® [Union sugar factory-Le Souffleur-Shandrani Beachcomber's beach]: A 25km race with approximately 500m of cumulated elevation gain to be completed within 7 hours under the partial self-support principle.

**This race is registered on the ITRA calendar.**

- The Trail du Souffleur® [Eastern coastline]: an approximately 10km race with some 100m of cumulated elevation gain starting from the place called Le Souffleur, to be completed within 5 hours under the partial self-support principle.

## 3. PARTICIPATION

3.1 Participants are reminded that to take part in the events, they must:

- (i) be fully aware of and prepared for the distance and specific nature of their event;
- (ii) have achieved an effective level of personal self-sufficiency in the mountains prior to the race in order to deal with the problems inherent to this type of event, including:

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<sup>1</sup> Dénomination opérant sous New Mauritius Hotels Limited.

- (iii) the ability to tackle the potentially difficult weather conditions due to altitude of up to 824m (night, wind, cold, fog or rain) and the southern winter without assistance;
- (iv) the ability to cope with the physical and mental issues arising from extreme fatigue, digestive problems, muscle or joint pain, minor ailments, etc. even if they find themselves on their own; and
- (v) full awareness that it is not the role of the organisers to help runners deal with these problems and that for such an activity in the mountains, their safety depends on their ability to adapt to the problems encountered or anticipated.

3.2 Participation in other races prior to registration is strongly recommended in order to gain such experience.

3.3 The first two races (65km and 25km) are open to any person, male or female, aged 18-70 years old (junior to veteran) with or without a licence.

3.4 The 10km race is a family-friendly event open to any adult or child, male or female, aged 12-70 years old. Parental consent is mandatory for those under 18 years old.

#### **4. PARTIAL SELF-SUPPORT**

4.1 Individual racing under partial self-support is an essential principle.

4.2 Partial self-support is defined as the ability to be self-reliant between refuelling points, not only for food, but also for clothing and safety equipment, in particular to allow runners to adapt to problems either encountered or anticipated (severe weather, physical problems, injury, etc.).

4.3 This principle includes the following instructions:

- (i) Runners must have all their mandatory gear with them throughout the duration of the race (see the GEAR section). They must carry the gear in their own race bags. The race officials can check bags and their contents at any time during the race. Runners have the obligation to cordially submit to these checks to avoid race exclusion for health and safety reasons.
- (ii) Refuelling points are available with food and drinks to be taken on the spot. The organisers will provide still water (no energy drinks) to refill water bottles or bags. When leaving a refuelling point, runners must ensure that they have enough water and food to continue to the next one.
- (vi) Personal family assistance is allowed at specific refuelling points, as stated below, in the area specifically provided for this purpose at the discretion of the person in charge. Such assistance can be provided by one single person, without specific gear other than a bag with a maximum capacity

of 30 litres. Any form of professional assistance (team or professional coach, doctor or other medical or paramedical personnel, etc.) is forbidden.

- (iv) Other parts of the refuelling point are strictly reserved for runners. You must follow the route established within refuelling point even if you do not intend to stop there.

4.4 It is forbidden to be accompanied or to accept to be accompanied during all or part of the race by someone who is not registered for the race outside the clearly marked tolerance areas around the refuelling points.

4.5 Personal assistance is allowed at the following points:

- Trail du Sud Sauvage®: Case Noyale, Black River Gorges, Alexandra Falls, Rochester Falls or Le Refuge

It is not allowed at other refuelling points and at any other points on the course.

## **5. REGISTRATION CONDITIONS**

For the 65km and 25km events, each competitor must provide the medical certificate submitted on registration on the ROAG platform stating:

*"No contraindication for participating in competitive mountain running."*

Minor children must also have express parental consent to participate in the Trail du Souffleur®.

## **6. ACCEPTANCE OF THE RACE REGULATIONS AND ETHICS**

Participation in the Beachcomber Trail® implies unreserved acceptance of the race regulations and terms and conditions for entry, available on the website: [www.beachcomber-events.com](http://www.beachcomber-events.com)

## **7. MAXIMUM NUMBER OF RUNNERS**

- 100 participants for the 65km event
- 200 participants for the 25km event
- 700 participants for the 10km event

## **8. GEAR**

A mandatory gear kit is required to take part in the events.

It is worth noting however that there are some basic supplies that trail runners must adapt to their own capabilities. It is particularly important to choose clothing that will provide good protection from the cold, wind and rain in the mountains at night,

therefore ensuring better safety and performance, rather than choosing the lightest possible clothing only to save a few grammes.

## **9. T SHIRT**

Runners are not permitted to wear a T-shirt other than that the one provided by the Organisers, at the start and finish. Outside these parts of the event, competitors are authorised to wear any T-shirt or tank top of their choice.

## **10.MANDATORY GEAR**

Mandatory gears are required for Participants personal safety and under no circumstances will any derogation be made for failure to have a complete set as provided below. Upon any inspection by the Organiser, failure to produce any of the mandatory gear will result in the participant being prohibited from racing.

### 10.1 Trail du Sud Sauvage 65km

A backpack that can carry: a headlamp, spare batteries, a survival blanket, a minimum 1-litre water supply, a whistle, food reserves, a cup, a mobile phone and more importantly, the bib to be shown at all checkpoints.

### 10.2 Trail du Nautile 25km

A backpack that can carry: a minimum 1-litre water supply, a whistle, food reserves, a cup, a mobile phone and more importantly, the bib to be shown at all checkpoints.

## **11. BIBS:**

11.1 Bibs will be distributed between 10am and 5pm on Wednesday 24 July 2024 at the Beachcomber Head Office, Botanical Garden Street, Curepipe, and for competitors residing at SHANDRANI BEACHCOMBER RESORT & SPA. The time for collection will be announced at a later date. Competitors not staying at SHANDRANI BEACHCOMBER RESORT & SPA are requested to email the Organising Committee at: [alacoste@beachcomber.com](mailto:alacoste@beachcomber.com)

11.2 Bibs will be individually distributed to runners on presentation of:

- A proof of identity with photo.

11.3 The bib must be worn on the chest or abdomen and must be visible at all times throughout the race. It must therefore always be worn on top of any clothing and shall in no case be placed on runners' bags or legs.

11.4 The bib gives access to the shuttle buses and refuelling points. The bib should never be removed except in case of refusal to comply with a race official's decision. It will however be deactivated in case of withdrawal.

## **12. ELECTRONIC TIMING**

Electronic timing is done using a microchip incorporated into the bib. Participants must show their bibs at the start and finishing lines.

In case of withdrawal, the bib and microchip must be handed over to the Organising Committee for disabling.

Failure to produce the chip will lead to immediate exclusion from the race.

## **13. STARTING THE RACE AND ELECTRONIC TIMING**

13.1 Bags will be checked in the start areas and must contain all the mandatory gear specified in these regulations for the Trail du Sud Sauvage® and the Trail du Nautile®.

13.2 Participants are reminded to verify the electronic timing at each start to prove their participation in their respective race.

## **14. TRANSPORT OF COMPETITORS**

14.1 For SHANDRANI BEACHCOMBER RESORT & SPA residents:

- Buses will be provided to transport runners who have taken the Beachcomber Trail® accommodation package and staying at SHANDRANI BEACHCOMBER RESORT & SPA to the starting point of each of the 3 races (65km, 25km and 10km).

14.2 For non-residents of SHANDRANI BEACHCOMBER RESORT & SPA:

- Transfers to the starting points of the 2 races (65km and 25km) are optional. Runners must pay for their place directly on site on the morning of the race.

14.3 For participants in the 10km event:

- The shuttle transfer to the starting point is mandatory and included in the race entry fee.

## **15. SAFETY AND MEDICAL ASSISTANCE**

15.1 First-aid stations are available at various points along the courses. These stations are connected by radio or telephone to the Race HQ. A medical regulation team is present throughout the duration of the events.

15.2 First-aid stations are intended to provide assistance to any person in danger using the organisers' own or contracted means.

15.3 It is up to runners in trouble or seriously injured to ask for help:

- by pulling up to a first-aid station;
- by calling the Race HQ (PHONE NUMBER PRINTED ON THE BIB); or
- by asking another runner to alert the rescue team.

15.4 All runners are required to provide assistance to any person in danger and alert the rescue team.

15.5 Don't forget that you may have to wait for the rescue team longer than expected due to any kind of environment - or race-related hazard. Your safety will then depend on the quality of the contents of your bag.

15.6 Runners who request a doctor or paramedic subject themselves de facto to their authority and undertake to accept their decisions.

15.7 Official paramedics and doctors are namely entitled to:

- withdraw from the event any runner who is unfit to continue (by invalidating their bib number);
- evacuate runners they consider to be in danger by any appropriate means; or
- take runners whose state of health may require hospitalisation if deemed appropriate.

15.8 In the event that you cannot contact the Race HQ, you can directly call Mauritian rescue organisations (especially if you are in a zone where only 'Emergency calls' can be made). Please keep the following national emergency numbers in your phone contacts:

- Police: 999 or 112
- SAMU: 114
- Mauritius Fire and Rescue Service : 115

15.9 Runners must remain on the marked path even when sleeping. Any runner who voluntarily leaves the marked path will no longer be under the responsibility of the organisers.

## **16. CHECKPOINTS AND REFUELLING POINTS**

16.1 A microchip will be incorporated in each bib. Runners who do not constantly have their microchip on them will be penalised.

16.2 A check will be conducted on arrival at each first-aid station or refuelling point.

16.3 Unannounced checkpoints will be set up at places other than first-aid stations and refuelling points. Their location will not be provided by the organisers.

16.4 Only duly checked runners wearing a visible bib will be allowed at refuelling points.

16.5 Upon publication, the race guide and specific pages of the website will provide the exact location of refuelling points.

16.6 Various refuelling points will be available along the course with supplies such as water, soft drinks, coffee, tea, soup, pastries, bread, ham and chicken (non-exhaustive list).

16.7 Hot meals (rice or pasta/chicken or other) will be served at certain points.

16.8 A meal will be served at SHANDRANI BEACHCOMBER RESORT & SPA after the race for the Beachcomber Trail® 65km, 25km et 10km events.

16.9 To avoid wasting disposable plastic cups during the race, each runner must bring a cup with a minimum capacity of 15cl. *Attention:* bottles and cups are not the same.

16.10 Several bins will be available at each refuelling point and must imperatively be used.

16.11 Competitors are not allowed to accept food or drinks outside these points.

## **17. MAXIMUM TIME ALLOWED AND CUT-OFF TIMES**

17.1 The maximum time to complete each event is as follows:

- Trail du Sud Sauvage® 65km: 15 hours
- Trail du Nautil® 25km: 7 hours
- Trail du Souffleur® 10km: 5 hours

17.2 Cut-off times at the main checkpoints will be defined and announced during the briefing session.

17.3 *Attention:* participants must however be aware henceforth that time limits will be set for the 65km race.

17.4 These cut-off times have been calculated to allow participants to make it to the finish line within the maximum time set while eventually stopping to rest or eat. To be allowed to continue the event, competitors must leave each checkpoint before the cut-off time as specified during the briefing session (regardless of the time of arrival at the checkpoint).

17.5 Disqualified competitors who wish to continue the race must hand back their bib before carrying on under their own responsibility and in total autonomy.

17.6 In case of severe weather and/or for safety reasons, the organisers reserve the right to stop the race or change cut-off times.

## **18. WITHDRAWAL AND REPATRIATION**

18.1 Except in the event of injury, runners may withdraw only at checkpoints. They must then inform the person in charge, who will invalidate their race bib.

18.2 Runners must however keep their invalid bib so as to be able to access the shuttles, buses, meals, resting point, etc.

18.3 Repatriation will be decided in conjunction with the person in charge according to the following general rules:

(i) Vehicles available from some refuelling points, which are indicated by a 'bus' pictogram on route maps, will take withdrawn runners back to SHANDRANI BEACHCOMBER RESORT & SPA.

(ii) Runners who have withdrawn from the race at another first-aid station or refuelling point and whose health condition does not require evacuation must return by their own means to the closest repatriation point.

(iii) With regard to refuelling points and first-aid stations that are accessible by car or 4x4:

- When closing a station, the organisers may, within the limit of available means, repatriate runners who have withdrawn from the event and are still present on the spot.
- In case of adverse weather conditions justifying the partial or total interruption of the race, the organisers will repatriate runners who have been stopped as soon as practicable. In case of withdrawal before a checkpoint, runners must imperatively return to the previous checkpoint and inform the person in charge.
- If runners come across end-of-race sweepers on their way back, the latter will take responsibility for invalidating their bib. They will then no longer be under the supervision of the organisers.



18.4 Accompanying persons have access to the following stations:

- Black River Gorges
- Alexandra Falls
- Rochester Falls

18.5 Runners who have withdrawn or have been stopped by the race doctor and/or Director are required to hand in their bib at the nearest checkpoint or alternatively at the refuelling point or contact the organisers by mobile phone.

## **19. MARKING**

19.1 To improve vision of the itinerary, flagging tape with reflective bands will be placed in close succession along the routes of the 3 races.

*ATTENTION:* If you don't see any flagging tape after 50 metres, turn back!

19.2 For environmental reasons, only environmentally-friendly materials will be used along the trails.

19.3 Runners must follow the paths as marked without using shortcuts. Shortcutting a trail may cause erosion damage to the site.

## **20. ARRIVAL**

Runners will receive a finisher's medal after crossing the arrival line.

## **21. PENALTY-DISQUALIFICATION**

21.1 Race officials along the route and persons in charge at the different checkpoints and refuelling points have the authority to apply the race regulations and immediately(\*) impose a penalty for non-compliance as follows:

(i) PENALTY(\*)-DISQUALIFICATION FOR BREACH OF THE REGULATIONS

(ii) Significant shortcut: 2-hour penalty

(iii) Not a significant shortcut but straying from official trails or using a closed shortcut: 1-hour penalty

(iv) Voluntary littering by a competitor or his/her accompanying persons: 2-hour penalty

(v) Lack of respect for other people (organisers or runners): 2-hour penalty

(vi) Failure to assist someone in difficulty: 2-hour penalty

(vii) Receiving assistance outside authorised zones: 1-hour penalty

- (viii) Being accompanied along the course outside the clearly marked tolerance zones around the refuelling points: ½-hour penalty
- (ix) Cheating (e.g. using transport, sharing a race bib, etc.): Immediate disqualification
- (x) Race number not visible: ¼-hour penalty
- (xi) Wearing the bib in an incorrect manner: ¼-hour penalty (during which the runner must ensure that his/her bib is properly displayed)
- (xii) Use of sticks with or without protected tips: Disqualification
- (xiii) Electronic chip missing: As determined by the Race Jury
- (xiv) Not passing through a checkpoint: As determined by the Race Jury
- (xv) Refusal to comply with an order from the race management, a race official, a person in charge of a refuelling point, a doctor or a first-aider: Disqualification
- (xvi) Departure from a checkpoint after the cut-off time: Disqualification

(\* ) ¼-hour, 1- and 2-hour penalties are applicable immediately, i.e. the runner cannot continue the race until the penalty time is over.

Any other breach of the race regulations will be dealt with by a sanction decided by the Race Jury.

All runners crossing the finishing line will receive a finisher's medal.

## **22. APPEALS**

Any appeal must be submitted in writing to the Race HQ at SHANDRANI BEACHCOMBER RESORT & SPA within a maximum of 2 hours after the runner's arrival.

## **23. RACE JURY**

The Race Jury is composed of:

- the Race Director;
- a runners' rep; and
- other persons chosen by the Race Director for their special expertise.

The jury has the authority to act within a time limit consistent with the requirements of the race with regard to any appeal made during the event. All decisions of the Jury are final.

## **24. CHANGES TO THE ROUTE OR CUT-OFF TIMES/CANCELLATION OF THE RACE**

The organisers reserve the right to change the route and location of first-aid stations and refuelling points at any time without notice.

In the event of very unfavourable weather conditions (heavy rainfall at higher elevations, substantial risk of storms, etc.), the departure time may be postponed for a maximum of a few hours; after that time, the race will be cancelled.

In case of force majeure (especially in case of severe weather conditions and for safety reasons), the organisers reserve the right to stop the event or change the time limits.

Registration fees will not be refunded if the race is stopped for any reason whatsoever.