



EVENTS RULES AND REGULATIONS

PLEASE READ CAREFULLY BEFORE SUBMITTING YOUR APPLICATION FORM

SWIM

1. Team captains must check in with designated event officials no later than 60 minutes before the start of the swim.
2. Each participant must wear the official swim cap (provided).
3. No fins, paddles, snorkels or other artificial propulsion and/or flotation devices, except tow floats, are permitted.
4. Wetsuits are mandatory.
5. Goggles or face mask may be used.
6. Participant may receive food or drink from their crew members from the jetty.
7. Participant may not receive forward motion or an unfair advantage from any person or craft. This includes drafting off another swimmer.
8. Unofficial swimmers are not allowed on the course and will be removed by event officials.
9. In an emergency, any participant needing assistance should lay on their back and wave an arm overhead as a signal for help.

IMPORTANT: For safety reasons, the swim course will be closed at 1300h (or 6 hours after the start of UMUK, UMUK355 and UMUK Team Relay). However, it will be very difficult to complete Stage 1 within the cut off time should the swim take the entire allocated time.

TRANSITION

1. Team vehicles will not be allowed in the transition area and must be parked in designated areas.
2. No team member or participant may interfere with another team or participant or his/her equipment while it is in the transition area.
3. Bike equipment checks, including helmets may be performed by event personnel as part of the transition process.



4. Helmets must be secured and fastened onto the head before leaving the transition area.

BIKE

1. Participants will require either a road or triathlon bike to compete. No tandem, motorized or recumbent bike is allowed. Additionally, no device designed exclusively to reduce air resistance is permitted on any bike.
2. A back-up bike or spare frame may be carried in the support vehicle; such equipment may only be used if the primary bike has a mechanical failure to such an extent that it cannot be used. A race official must be notified of any bike change no later than the end of that day's stage. Any spare bike must have passed the inspection process during registration. The completed inspection forms for each bike/frame must be on file with the race officials. Riding an uninspected bike for any reason or switching bikes to gain an advantage will result in certain disqualification. If mechanical failure of the primary bike deems use of the backup bike necessary, it is permitted to switch back to the primary bike once the mechanical failure has been fixed. The primary bike must be re-inspected by an official event bike mechanic at the end of the stage if it is to be used in subsequent stages. With the exception of the frame (or back-up bike), all other bike parts may be interchanged while on the bike course.
3. No accompanying riders are permitted on the bike course.
4. All aspects of the bicycle must be safe to the rider, other participants, team members, officials and the general public.
5. Each participant must have certain aspects of his/her bike inspected during registration. These aspects include, but may not be limited to brakes, handlebars, helmet, tyres and wheels. Any equipment unable to meet minimum standards may not be used until the problem is corrected. All repair costs are the responsibility of the rider and must be paid upon completion of the work.
6. During the bike portion of Stage 1 and for all of Stage 2, drafting or pacing of any kind, including off any motor vehicle is not permitted. There must be a clear space of at least 10 meters between participants unless overtaking another participant. In case of passing another participant, the time allowed to pass another participant is 20 seconds. If the participant fails to overtake in the allowed time, he/she must drop back to the legal distance of at least 10 meters between participants.



7. Each participant must conform to all traffic laws and is responsible for all consequences of any infraction.
8. Each participant must wear an official number while on the bike course; it must be clearly visible and placed on the lower back of the rider.
9. Frame numbers must be displayed in a highly visible position on the bike while the rider is on the course.
10. Each participant must wear a properly fastened hard-shell helmet that meets or exceeds ANSI Z90.4, SNELL B90, EN 1078. Note that a CE mark is not an approved standard.
11. Participants may make forward progress while accompanied by their bike only. Push-offs of any kind are not permitted.
12. No participant may wear any device which interferes with normal hearing (i.e. electronic headsets, radios, MP3 players and the like). No participants may use a camera / mobile phone camera while cycling. Mobile phones may be carried by the participant for use in case of emergency or mechanical issue, but may not be used unless the participant is stopped with both feet on the ground.
13. Side by side riding is not permitted. Likewise any propulsive action by the head or hands is prohibited.
14. At the discretion of the Race Director, riders on the course may be required to have operational head and rear lamps on the bike and reflective materials on the front and back of his/her person.
15. The bike course for Day 1 and Day 2 will be closed 12 hours after the start of UMUK, UMUK355 and UMUK Team Relay.

RUN

1. Each participant must run or walk the entire course.
2. Each participant must wear the official number while on the run course; it must be worn and clearly visible from the front of the runner.
3. Pacing of participants is allowed, but no participant may be paced by more than one nonparticipant at a time. All pacers must be on foot. No pacer may do any headwind blocking.
4. Skates, bicycles, skateboards, rollerblades and the like may not be used by team members or pacers on the run course.



5. Participants must run on the pavement where possible. Where this is not possible, participants must run on the edge of the road facing oncoming traffic.
6. Participants and team members must exercise extreme caution when crossing the road.
7. No participant may wear any device which interferes with normal hearing (i.e. electronic headsets, radios, MP3 players and the like). No participant may use a camera / mobile phone camera while running. Mobile phones may be carried by the participant for use in case of emergency, but may not be used unless the participant is away from main roads.
8. At the discretion of the Race Director, any runner (and pacer) on the run course may be required to have reflective materials on the front and rear of his/her shoes and clothing.
9. On Day 3 the run course will be closed 12 hours after the start of UMUK, UMUK355 and UMUK Team Relay.

BIKE AND RUN COURSE

1. It is the participant's responsibility, with the help of the support team to follow the course. It is suggested that each support team and participant familiarise themselves with the course by driving it prior to the start of Stage 1.
2. No participant will receive any time adjustments for any stop made during the completion of any stage or any portion thereof. This includes, among others, rest or repair stops, checks, medical assistance, stops required by event officials or other stops dictated by traffic signals or public authorities.
3. Participants and/or support crews may, by mutual consent, exchange food, drink, spare parts, tools and/or personnel during any portion of the event as long as such action does not create a hazard or give unfair advantage to any participant or team. In no case may any exchange take place between a moving vehicle or vehicles or moving vehicles and participants.
4. Traffic lights will NOT be controlled nor will any public roadway be closed during any portion of any stage. **ALL TRAFFIC SIGNS AND SIGNALS MUST BE OBEYED!**

SUPPORT TEAM

1. Each support team shall consist of at least two adult members at all times.



2. Each team member will be required to (a) provide his/her name and phone number, and (b) sign the Acknowledgement, Waiver & Release from Liability (AWRL) form during registration. Failure to comply with this requirement will result in automatic disqualification.
3. Each team member, whilst providing support to their participants, must wear a yellow high visibility vest or jacket at all times.
4. Except in the case of an emergency, no team may have responsibility for more than one participant.
5. The driver of the support vehicle must have a valid driver's licence.
6. No team member or participants may use any illegal substances during the event and its related activities. The use of alcohol during any portion of any stage is prohibited.
7. One member must be designated team captain and this person must be able to speak and understand English.
8. The team captain will be the official spokesperson for the participant and team. As such he/she will be responsible for the team and its actions.
9. Costs and arrangements for procurement, training, outfitting, transportation, and housing of the team are the responsibility of each participant.
10. Each team captain or designated team representative is required to attend the pre-event briefing. All other members are encouraged to attend.
11. Each team captain must check in at all start/finish lines.
12. Any team captain whose participant drops out of a day's stage or decides to abandon the event entirely must IMMEDIATELY inform the Race Director or official crew members. If immediate communication is not possible, notification will be as soon as possible and no later than the close of that day's stage. Failure of to do so will result in a time penalty or possible disqualification of the participant.
13. Any team captain whose participant is unable to make a cut-off may be required to pick up such person and check in with officials at the finish line. Dropouts or disqualified participants must be brought to the finish line as soon as possible to be checked in. If this cannot be done it is the responsibility of the team captain to notify event officials at the finish line of the participant's status as soon as possible.
14. Team members must obey all event regulations, traffic laws, and public ordinances, as well as follow the directions and instructions of all event officials and public authorities.



15. Except as noted, team members may be on the course only in their capacity as such. No member may utilise a non-motorised wheeled vehicle (including a bicycle) on the course, except in an emergency. Except as a run pacer, being on a team is not an opportunity to swim, bike, or run during any stage.
16. No team member may interfere with or obstruct another team or participant, any roadway, traffic, or cause any public inconvenience.
17. No member of any support team may give any aid to any participant while inside a vehicle, whether moving or stationary, unless the participant has dropped out, been pulled from the course, been required to enter the vehicle by event officials, or finished the stage, AND is inside the vehicle.
18. Unless the participant is inside the vehicle, all aid of any kind must be given to the participant while the vehicle is parked off the road with the hazard lights on, and the team member is on the shoulder off the road.
19. Disqualified participants must be brought to the finish line as soon as possible after disqualification to be checked in. If this cannot be done, it is the responsibility of the designated team captain to notify finish line officials of the participant's status as soon as possible.
20. Event officials assume no responsibility for the health, safety, and welfare of any participant and/or support team member while they are participating in any portion of the event. If a situation or emergency should arise which requires care or attention by medical personnel, the support team should transport the person affected to the nearest medical facility, call 999, or call official personnel to request help if transport is not possible or advisable. A list of the local Accident and Emergency (A&E) units will be given during the pre-event briefing.
21. The role of the support team is vital to each participant and the safety of the event. The utmost care, concern and courtesy must be given to all, including the general public. The proper conduct of the team and its individual members for the safety and well-being of all is extremely crucial and will be required. Rule violations by team members will result in the participant receiving a time penalty and/or possible disqualification. Since team members will be the participant's lifeline, providing nutritional, technical, medical and equipment support, and the need for adequate preparation and supplies, should not be underestimated.



SUPPORT VEHICLE

1. Each participant must have **NO MORE THAN ONE** accompanying motor vehicle during all portions of the bike and run course.
2. Such vehicle may not exceed six (6) feet in width (motorhomes, large vans and trucks, etc. are prohibited).
3. Each vehicle must clearly display official event signage in the areas designated.
4. No vehicle may provide draft or pace for any participant.
5. No vehicle may follow any participant except in an emergency. In that case, hazard lights must be on at all times.
6. The “leapfrog” method of support is required at all other times. This will be explained at the pre-event briefing and **IS EXTREMELY IMPORTANT**.
7. Hazard lights must be on when a support vehicle is pulled over to give aid.
8. No vehicle may travel alongside a participant except to pass them. **THIS IS EXTREMELY IMPORTANT**.

The following rules apply to UMUK TEAM RELAY only

1. The team must consist of three adults, at least two of whom must be athletes.
2. The ‘stages’ are defined as: swim, Day 1 bike, Day 2 bike, run.
3. The team must notify the event organisers on the application form of the stage(s) in which each member intends to compete. Event organisers must be notified of any changes to team members’ intended competitive stages either prior to or during the event.
4. Any changes to team personnel following receipt of an invitation to compete, must be approved by the event organisers prior to the event.
5. During each stage the team may not make any substitutions. The team member that starts the stage must complete the stage.



EVENTS GUIDELINES

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1. AID STATIONS

Since the use of support teams is required throughout, aid stations will not be provided to participants by event officials. Limited toilet facilities will be available at the start and finish lines of each stage.

2. CHECK-IN PROCEDURE

At the beginning and end of each stage or segment thereof, each participant and team captain must check in with the event Registrar who will be located adjacent to the respective start/finish lines. Failure to follow this procedure may preclude further present or future participation in the event.

3. CONTINGENCIES

If conditions develop prior to or during the event which necessitate a change in plans, the following action(s), in order of severity, will be taken: (1) course modification, (2) postponement, (3) cancellation. If it will be unsafe to conduct the swim as scheduled, this portion of Stage 1 may be postponed until the morning following the end of Stage 3. There will be no refunds as a result of postponement, modification or cancellation of the event or any portion thereof.

4. COURSE

The sole responsibility for following the prescribed course rests with each participant and crew. No time credits or adjustment to finishing results shall be made for participants who fail to



follow the proper course unless the Race Director deems it necessary to modify the course either prior to or during the stage. Should this occur, adjustment to finishing results will be made based on average speed for the stage. Time penalties or disqualification may result from failure to follow the proper course. Detailed course descriptions, route maps and GPX files of the routes will be made available to each participant and support team.

5. CREDIT CARDS

No provision for payment by credit card will be available before, during or after the event. It is suggested that you make plans to have sufficient cash available to pay for costs complementary to the event (i.e event merchandise, massage therapist, bike mechanic, etc).

6. CUT OFF TIMES

For safety reasons, the following cut off times have been established:

UMUK, UMUK355 and UMUK Team Relay: Swim = 6 hours. Stages 1, 2, 3 = 12 hours each (Total = 36 hours)

Any participant who does not reach the designated finish line before a cut off time will be disqualified and may be requested to leave the course at that point; however, he/she may be allowed to continue unofficially in the next stage. Only those participants who have made each day's cut off and completed all portions of the course will be designated finishers. Only finishers will be eligible to receive any finisher awards. Cut off times may be modified if course conditions warrant.

7. DISQUALIFICATION

Participants not making a cut-off or not beginning and finishing any portion of any stage will be automatically disqualified. Participants or team members not adhering to the regulations and guidelines of the event are also subject to disqualification. Disqualified persons may be allowed to continue unofficially in the event, depending on the nature of the infraction, but



none will be eligible to receive any finisher award. Those allowed to continue do so at their own risk.

8. DISTANCES

All distances are approximate and subject to modification (refer to **Course Routes** page for further details).

9. DRAFTING

This is an individual endurance event; therefore, drafting of any type during any portion of any stage (including the swim) is prohibited by any participant.

10. FILMING

Filming of the event will not be permitted for commercial use unless prior written authorisation is obtained from event officials. Such authorisation may be withheld if the filming is in conflict with the granting of other film rights. Filming by drone will not be permitted under any circumstances.

11. INSURANCE

The event does not provide individual medical insurance for participants nor is this responsibility or liability assumed by UMUK event officials. If you are a non-UK resident and involved in an accident that requires medical attention you will be charged for hospital visits, ambulances, tests, treatments, doctors' fees and supplies, etc. Therefore, it is advised that NonUK participants obtain additional travel and medical insurance before travelling to the event. If you are an EU national, we recommend that you bring your European Health Insurance Card (EHIC). For your own protection we strongly advise that you verify your insurance will cover you while outside of your normal country of residence and while competing in UMUK.



12. LANGUAGE

Each participant must be able to either (1) speak and understand English or (2) provide a team member who can act as a translator between the participant, other team members, and event officials. All team captains must be able to speak and understand English.

13. MEDICAL SUPPORT

Medical support will not be provided to athletes by event officials. Accordingly, it is the responsibility of each support team to provide and/or seek professional help should the need arise. Emergency medical contacts and information will be provided to each support team.

14. NUMBERING

Swim: each swim hat will be numbered.

Bike: Each participant will be given two numbers; one to be worn on their lower back each day, and a frame number to be placed on the bike frame.

Run: Each participant will be given one number to be worn on their front.

Teams: Each team captain will be given two numbers to be affixed to the outside lower left of the front and back windshields of the team vehicle.

Numbers identify official participants and teams. As such, they must be clearly visible at all times, and worn as directed by event officials. No alteration of any numbers is permitted.

15. PACING

Pacing among official participants is allowed only during Stage 3 and then only under the following conditions: (a) a participant may be paced by only one designated non-participant at a time, and (b) all pacers must be on foot while pacing. Pacing with any wheeled vehicle (whether motorised or not) is not permitted during any portion of the event.



16. PARKING

Since parking will be limited in all staging areas and at start and finish lines; support crews, spectator and any other third party should plan accordingly. In every case, all event-related vehicles must be parked legally and safely off any road and in such a manner that does not obstruct the normal flow of traffic or create a hazard to anyone.

17. PENALTIES

Specific penalties will be levied for infractions and/or misconduct. Such penalties will normally consist of time penalties assessed against the participant at the end of each stage, with immediate disqualification occurring for major misconduct and/or infractions.

The time penalties for UMUK races consist of 30 minutes for the 1st infraction and a further 60 minutes for the 2nd infraction. The third penalty equals disqualification from the event. These penalties are cumulative over the three days. The Race Director has the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation of the race. The Race Director has ultimate authority in regards to all rules, their interpretation, and their enforcement. All entrants in the race, and their support crews, willingly acknowledge this fact, as well as all other race rules by attending the race in any capacity.

18. PERSONAL PROPERTY

It is strongly suggested that all personal property be adequately and indelibly identified with the owner's name and event number prior to the start of Stage 1. Event officials assume no responsibility for the theft, loss, or destruction of any personal property of any participant or support team member.



19. PLANNING

The absolute necessity of proper planning cannot be emphasised enough. In addition to making the necessary travel plans, it is crucial that each participant properly inform, train, organise and prepare each team member. This includes providing them with copies of pertinent event information and also keeping them updated on any changes. Waiting to accomplish this on the day before the event is not advisable. First time participants are recommended to drive the entire course before registering. Participants who are utilising local residents as team members are urged to be in contact with them as early as possible to make all the necessary arrangements, including transport, accommodation, and food. No one will be permitted to begin any stage without a complete team and the required equipment.

20. PROTESTS

The team captain will be the person responsible for submitting any official protest on behalf of the participant and/or team member(s) as the result of misconduct by another participant and/or team. Such protest must be in writing and filed within 30 minutes following the withdrawal of the participant or his/her completion of the stage in which the incident is alleged, whichever occurs first.

21. REGISTRATION

Each invitee is required to present an official form of identification (i.e. photo driving licence, passport) and to complete information about his/her team, including: names, contact information, vehicle model/make/license number and a signed copy of the Acknowledgement, Waiver & Release from Liability (AWRL) form from each crew member. Materials will only be issued to those completing the registration process, and only those persons will be allowed to participate and crew during the event.

22. RESTRICTED AREAS

Certain areas of the course will have restricted access. These areas will be designated at all start and finish lines and the swim-bike transition, as well as the unsupported sections. Other areas



may be included, so it is important that the directions of event officials be followed carefully and graciously.

23. SAFETY

SAFETY IS THE PRIMARY CONCERN and support teams are required throughout. However, this event is extremely strenuous and requires tremendous individual endurance and stamina. The risk of accident, injury, sickness, and even death, may be present throughout all three stages. Proper training, well-maintained and appropriate equipment, good judgement, respect, common sense and courtesy will be crucial in making this a safe and successful event. If an emergency situation necessitates or causes a rule infraction, event officials may make allowances in the interest of promoting safety.

24. STARTING PROCEDURES

At five minutes, one minute, and 30 seconds prior to the start of each stage, announcements to that effect will be made. 10 seconds prior to the start, a countdown will begin. A starting signal will then be given. Prompt starts will be adhered to. It is each participant's responsibility to be ready to start at the designated times. No time allowance will be made for anyone not starting as scheduled.

25. STORAGE

Storage of participant's event-related equipment is the responsibility of each participant and team captain. Provision for storage by event officials, before, during, or after the event will not be made.

26. TEAM ASSISTANCE

For a participant who needs a complete support team or additional team members, some assistance may be available from the UMUK community. Such assistance may only be available if advance arrangements are made by contacting the Event Director directly by email: info@racingquest.co.uk



27. TEAMWORK

Although our events are ones of individual endurance, no one would be able to finish them without the cooperation inherent in good teamwork. Each support team will be required to provide for their participant's needs and must not hinder or interfere with another team or person at any time. On the other hand, the underlying philosophy of this event is to encourage and promote the spirit of camaraderie with respect for all. Therefore, honesty, good judgement and sportsmanlike conduct are all integral parts of the event and will be expected of everyone at all times.

No participant or support team member shall mistreat or abuse either physically, verbally or mentally anyone connected to the event. No participant is to ask any member of any support team to take any action that would contravene the Rules and Regulations, Guidelines or the Spirit of Competition of UMUK and will be immediately disqualified and not allowed to continue if they pursue such behaviour.

28. TRADEMARK AND EVENT LOGOS

The event name and logos are registered marks which may not be used or reproduced in any manner without prior written consent from the Racing Quest (UK) Limited.

29. TRAVEL AND ACCOMMODATIONS

All travel arrangements, accommodations and meals are the responsibility of each participant. It is important that plans for travel and accommodations be made well in advance of arrival in Wales, as the event might take place during a peak holiday period.

30. UNSUPPORTED SECTIONS

For safety reasons, certain short portions of the course will be designated Unsupported Sections. These are sections of the route where the support team vehicle is not allowed pass; however, a pacer may accompany the participant during the unsupported sections of the run



stage and will be permitted provide aid to the participant. Only in case of an emergency will the support vehicle be permitted in these designated areas.