



## Race Rules

2023

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# 1.0 Introduction and Welcome

## 1.1 Welcome

Welcome to the Coast To Kosci 2023 Ultramarathon. The 240km Coast To Kosci from Twofold Bay to the summit of Mount Kosciuszko and return to the finish line at Charlotte Pass is an iconic event traversing multiple climate zones and landscapes.

## 1.2 Traditional Lands

We would like to acknowledge the traditional owners of the lands on which we run our race, the Yuin and Ngarigo people, and recognise their ongoing connection to the land upon which we run and travel. We would also like to pay our respects to Elders past, present and emerging.

We are grateful to the Eden Local Aboriginal Land Council for their support, engagement and education.

## 1.3 Values

We place a huge emphasis on the following values:

- Humility
- Community
- Resilience

We go to the extent of seeking these values in the runners chosen each year and continually advocate for everyone associated with the race to exhibit these values pre, during and post-race, through the communities we engage with and the lands we traverse.

## 1.4 Overview

It takes a significant effort for the Coast To Kosci ultramarathon to gain approval to proceed as a race each year. Significant consultation and approval is sourced from entities including:

1. Australian Ultra Runners Association
2. Local Traffic Committee of Bega Valley Shire Council
3. Bega Valley Shire Council
4. Local Traffic Committee of Snowy Monaro Regional Council
5. Snowy Monaro Regional Council
6. Eden Local Aboriginal Land Council
7. NSW National Parks and Wildlife Service
8. NSW Police
9. Roads and Maritime Services

We are grateful to the above for their support. We expect runners, support crews and anyone associated with the race to respect the conditions of our approvals which appear in our race rules; indeed it is imperative that the race rules are abided by to ensure the safety and integrity of the race and to ensure the future running of Coast To Kosci.

## 2.0 Runners

### 2.1 Race Rules

**2.1.1** Runners must complete the entire course under their own power. No physical or mechanical aids are permitted.

**2.1.2** Runners are required to keep to the extreme right-hand side of the road at all times, facing any oncoming traffic. Normal road users have right of way and runners must get off the road if/where required.

**2.1.3** Runners are required to run on the left-hand side of the road for additional safety only when ascending Beloka hill (162.2km to 165km).

**2.1.4** Runners must be accompanied by a pacer on the ascents of Cow Bail Trail, Beloka Hill and The Summit Path.

**2.1.5** Runners may be accompanied by a pacer after sunset, approx. 20:30 on Friday evening, 15 hours after the commencement of the race.

**2.1.6** Please take note that runners must run on the right-hand side of the road on the Monaro Highway at Bibbenluke – this is a short distance and some runners inadvertently cross to the left-hand side. Race Officials will apply time penalties here for non-conformance.

**2.1.7** Runners must run in the absence of their support crews until the Towamba checkpoint at 24km, at the intersection of Towamba Road and Pericoe Road. There will be an aid station at 3.7km for runners, where Brandy Creek Trail joins Towamba Rd, but runners may carry any food, drink or provisions as they require on this section.

**2.1.8** If a runner is planning to stop at their support vehicle (e.g. for a shoe or clothing change), they may cross to the left-hand side of the road. Please ensure a traffic check occurs before crossing the road.

**2.1.9** There is a high probability of roadworks occurring along the route – runners must utilise extreme care and follow any road rules resulting from the roadworks.

**2.1.10** Race numbers (supplied) are to be worn by runners and must be visible throughout the race. It is recommended runners use an elastic race number belt (rather than pinning the number onto clothing) to allow efficient changes of clothes without the need to re-pin the race number.

**2.1.11** Race trackers (supplied) are to be worn by runners throughout the race. It is the runner's responsibility to ensure their tracker is operating correctly at all times. Final placings will be based on the GPS tracking data and runners will not be included in final results if a tracker is not used.

**2.1.12** Race trackers must be returned to Race Officials post race. Runners will be disqualified and not included in final results if a tracker is not returned post race.

**2.1.13** All runners are required to wear a reflective vest compliant to Australian Standards from Checkpoint 4 (Gunningrath Rd and Snowy River Way) onwards until the end of the race.

**2.1.14** Runners must use headlamps/torches during night hours and are encouraged to wear light coloured clothing during night hours.

**2.1.15** Each runner must wear a flashing light (i.e. a rear bike light) to be attached to a race belt and worn at the rear. The light must be worn at all times, day and night, and be set to 'flashing' mode. Please ensure flashing lights are charged at all times (i.e. have additional batteries available or are able to be charged if the runner has stopped).

**2.1.16** It is mandatory for each runner to have a dedicated support crew and support vehicle. Details including names, mobile phone numbers, vehicle registration details, etc., will need to be provided to the Race Directors prior to the race when requested.

**2.1.17** Runners are permitted to utilise only one crew member as a pacer, when pacers are allowed, and at any one time. There is one exception, being the Summit Path from Charlotte Pass to Mt Kosciuszko and return, where multiple support crew can be utilised.

**2.1.18** It is mandatory for all runners and at least one member of their stated support crew to attend the Pre-Race Briefing webinar, being held the Wednesday evening prior to the race – details will be supplied.

**2.1.19** Runners and support crew will be required to register for the race on the Thursday before the race – details will be supplied. At this registration, race numbers, trackers and stickers will be provided; and any last-minute changes will be communicated.

**2.1.20** Runners will be additionally required to register at the start line at Boydtown Beach (Twofold Bay) between 04:50 and 05:00 on race day, allowing for photo opportunities prior to race start – please do not be late!

**2.1.21** There are no toilets at Boydtown Beach...bushes are not to be used!

**2.1.22** Runners are permitted to rest or shelter in a stationary support crew vehicle, however travelling forward along the race route is prohibited.

## 2.2 Race Cut-Offs

**2.2.1** Race cut-offs are geared towards a 46-hour finish time and are as follows:

Cut-Off Location	Distance	Elapsed Time	Actual Time
Gunningrath Rd & Snowy River Way	106.7km	18hrs	Friday 23:30
Dalgety Bridge	149.2 km	25 hrs	Saturday 06:30
Jindabyne Caravan Park	184.9 km	32:30hrs	Saturday 14:00
Charlotte Pass	222.7 km	41:30 hrs	Saturday 23:00
Charlotte Pass (Finish)	241.4 km	46 hrs	Sunday 03:30

**2.2.2** If a runner falls behind any of these cut-off times, they may be deemed incapable of completing the race within the designated 46-hour time limit and required to withdraw from the race. This decision will be made by Race Directors and delegated officials. No appeals can be made.

## 2.3 Mandatory Checkpoints

**2.3.1** There are 8 mandatory checkpoints where the nominated support crew chief must text the Coast To Kosci 2023 WhatsApp group (as soon as possible) to notify that their runner has passed the checkpoint and is medically fit to continue. This must occur irrespective of trackers being utilised.

**2.3.2** In the text, support crew must provide their runner's full name, their race number, the checkpoint location, and the time which their runner has passed through the checkpoint.

**2.3.3** The mandatory checkpoints are as follows:

Checkpoint	Approx. Distance	Location	Landmark
1	24.4km	Towamba	Building on RH side when arriving in Towamba
2	51.7 km	Rocky Hall	Public telephone on left-hand side of road
3	70.6 km	Cathcart	Cathcart General Store
4	107.6 km	Gunningrach Rd and Snowy River Way	A disused livestock ramp is visible at the intersection
5	148.8 km	Dalgety	Dalgety Memorial Hall
6	184.9 km	Jindabyne	Caravan Park office, near where runners re-join the road from the bike path
7	213.8 km	Perisher Valley	Bus shelter on right-hand side of road, in front of Ski Tube Station
8	222.7km	Charlotte Pass	Officials on right hand side at wall

## 2.4 Road Crossings

**2.4.1** Officials will be positioned to guide runners at selected route crossing points. A runner may only cross the road at this point; and only under the advice and direction from the official. A official will be present at each of these points and each point will have a designated crossing point marked by orange traffic cones on either side of the crossing. Runners failing to adhere to directions from officials will be penalised.

**2.4.2** These road crossing points include:

Council Region	Distance	Crossing Location
Bega Valley	0.5 km	On the Princes Highway, just north of the Nullica River bridge
Bega Valley	3.7 km	Where the Brandy Creek Trail joins Towamba Rd
Bega Valley	24.4 km	Junction of Towamba Rd and Pericoe Rd
Bega Valley	37 km	Where Towamba St joins Big Jack Mountain Rd
Bega Valley	56.1 km	Where Cow Bail Trail commences
Snowy Monaro	82 km	On the Monaro Highway (at Bibbenluke), just north of the Bombala River bridge
Snowy Monaro	182.6 km	Junction of Barry Way and Kosciuszko Rd

## 2.5 Deviations from the Race Route

**2.5.1** Should a runner deviate from the race route (e.g. to use public toilets, or seek medical assistance), they may return to the race, but must resume running at their point of departure from the race route.

**2.5.2** Support crew are expected to note/mark the point of departure and ensure the runner recommences the race from the correct point.

**2.5.3** If the runner requires medical assistance, support crews must notify the Race Medics, Race Directors or Race Officials and note the time.

## 2.6 Race Retirement, Withdrawal or Disqualification

**2.6.1** In the case of a runner retiring from the race, they, or their support crew, are to contact the Race Directors, Medics, or Race Officials immediately, preferably via the WhatsApp group:

- It is preferable the runner and support crew travel to the next checkpoint and check-in to ensure their welfare; and
- Support crews are to note the place (distance) and time of retirement, and to whom the retirement was notified.

**2.6.2** A runner may be withdrawn from the race at the discretion of the Race Directors or Race Officials. Reasons for withdrawal include, but are not limited to:

- Medical reasons;
- Inability to reach prescribed cut-off times at Gunnighrach Rd & Snowy River Way, Dalgety Bridge, Jindabyne Caravan Park or Charlotte Pass;
- Inability to progress on the course without physical support from a support crew member or Race Official;
- Violations of Race Rules; and
- Not following directions from Race Directors, Race Officials, National Parks and Wildlife Service, NSW Police and other emergency services.

**2.6.3** In the case of a runner requiring medical assistance, they, or their support crew, are to contact the Race Directors, Race Medics, or Race Officials immediately, preferably via the WhatsApp group. Support crews are to note the place (distance), the Race Official contacted and the time of requiring medical assistance.

**2.6.4** Runners that have been withdrawn from the race are not permitted to continue on the race route.

## 2.7 Insurance

**2.7.1** It is the runner's responsibility to have their own accident and ambulance insurance cover.

**2.7.2** Coast To Kosci has public liability insurance through AURA, the Australian Ultra Runners Association, but this does not cover individual runners or crew in the race if they suffer an injury.

**2.7.3** If Race Directors deem a runner or support crew member requires an ambulance, it will be called regardless of whether the runner or support crew has undertaken ambulance cover or not. In such cases, the runner or support crew will be directly responsible for any associated costs.

## 2.8 Non-Compliance with Race Rules

**2.8.1** Lack of compliance with Race Rules, by either the runner or the crew member(s), will result in the runner serving a time penalty at Charlotte Pass (222 km point), disqualification from the race, and/or exclusion from subsequent editions of Coast To Kosci. Time penalties are at the discretion of Race Directors and can be based on advice or direction from Race Officials and Race Medics as to the seriousness or the lack of compliance with Race Rules. Multiple time penalties may be applied. No appeals can be made and there is no appeal process.



## 3.0 Support Crew

### 3.1 Rules

**3.1.1** Runners are responsible for the actions of their support crew. All support crew must comply with the race rules or risk disqualification of their runner.

**3.1.2** All support crew are required to wear a reflective vest compliant to Australian Standards for throughout the entirety of the race.

**3.1.3** All support crew must use headlamps/torches during night hours and are encouraged to wear light coloured clothing during night hours.

**3.1.4** The race will be tracked through an online tracking service, using runner supplied GPS tracking devices. Runners and support crew are responsible for ensuring the correct use of these tracking devices. Runners with devices that are switched off or not active for long periods may be excluded from the final results.

**3.1.5** If a tracker is not functioning, Race Officials must be contacted immediately using the Coast to Kosci 2023 WhatsApp group. Additionally, the support crew and runner should be extra diligent in collecting records to prove their location – this could take the form of photographs at key intersections or keeping Strava or Garmin (or other) tracking files for later proof. Support crew and runners should be concerned about proving their location at all times.

**3.1.6** It is mandatory for all runners and at least one member of their stated support crew to attend the Pre-Race Briefing webinar, being held the Wednesday evening prior to the race – details will be supplied.

**3.1.7** Runners and support crew will be required to register for the race on the Thursday before the race – details will be supplied. At this registration, race numbers, trackers and stickers will be provided; and any last-minute changes will be communicated.

**3.1.8** Do not limit access for other road users at Twofold Bay. There is sufficient off-road parking space to enable race and participant vehicles to park safely.

**3.1.9** There are no toilets at Boydtown Beach...bushes are not to be used!

**3.1.10** Support crews must not stop or meet up with their runners until the Towamba checkpoint at 24km, at the intersection of Towamba Road and Pericoe Road. There will be an aid station at 3.7km for runners, where Brandy Creek Trail joins Towamba Rd.

**3.1.11** Support crews must travel along Towamba Road to the 24km mark of the race at the Towamba checkpoint without stopping. Support crews are not permitted to stop, slow down to talk with runners, or provide services to their runners during this section.

**3.1.12** At Towamba Village, support crew vehicles are instructed to stop past the junction of Towamba Road and Pericoe Rd where there is adequate space off the road for vehicles to safely park.

**3.1.13** There is a high probability of roadworks occurring along the route – support crew must utilise extreme care and follow any road rules resulting from the roadworks.

**3.1.14** Support crews are to hand off drinks, food, etc. on the right-hand side of the road; therefore support crew must cross the road to be with their runner. We also encourage you to be COVID-Safe at all times and ensure good hygiene and regular handwashing are always practised before and after dealing with your runner.

**3.1.15** Support crews may not provide assistance to their runners from a moving vehicle at any time. In an unanticipated, irregular circumstance (e.g. runner requiring jacket when caught in a sudden storm, etc), discretion may be used.

**3.1.16** A crew member walking or jogging beside a runner (or pacer) for a short distance such as 50m to pass on drinks, food, etc, is not regarded as pacing. Please do not exceed 50m in distance unless there is a substantial concern for runner safety/medical fitness.

## 3.2 Support Crew Vehicles

**3.2.1** Vehicles used as support vehicles must be fully registered. It is strongly recommended the support vehicle is a 4WD vehicle given extreme variations in weather and road surfaces. Support crew vehicles (due to some narrow roads) must be no larger than a standard 4-wheel drive or a similar sized van e.g. *Toyota Hi Ace, Hyundai i-load* etc.; and must have a rear area no wider than the cabin or wheel-base.

**3.2.2** For each support crew, a large sticker showing the number of the runner will be supplied – this must be displayed on the right-side rear window of the vehicle.

**3.2.3** Each vehicle will carry two mandatory ‘yellow and black’ ‘Runner Ahead’ and ‘Runner Following’ signs (supplied) to be applied to the front and the rear of each support crew vehicle from Towamba village onwards:

- ‘Runner Ahead’ is to be placed onto the rear of the support vehicle;
- ‘Runner Following’ is to be placed onto the front of the support vehicle;
- We recommend placement either under the front or rear windscreen wiper (but not to obstruct driver vision) or on the front or rear dashboard; either way it needs to be clearly visible to other road users;
- We appreciate signs may be challenging to affix to the vehicle however these are a requirement of race approval by the various authorities; and
- Please return the signs at the completion of the race before departing.

**3.2.4** Runners may only be supported by 1 support vehicle at any one time. Runners may utilise 2 vehicles and additional support crew to enable support crew members to work in shifts allowing for adequate sleep and to reduce the potential of fatigue. If so, support crew change-overs may only occur at mandatory checkpoints unless agreed with the Race Directors in advance or deemed as a safety measure. The “off-duty” support crew vehicle must travel to the next checkpoint without stopping on the race route.

**3.2.5** Where 2 or more support vehicles are used, support vehicles must not meet up on the race route without approval from Race Directors or Race Officials.

**3.2.6** Support crews, including 'off-duty' support crews, and any vehicles containing occupants known to runners or support crews, must:

- Abide by NSW road rules at all times;
- Not impede traffic flow;
- Follow all directions from Race Directors, Race Medics and Race Officials (including Race Officials and Race Sweepers); and
- Not use motor bikes, bikes, skateboards, scooters or similar types of conveyance at any time.

**3.2.7** Each support crew vehicle is required to travel on all roads of the race route at a maximum of 40km/h.

**3.2.8** Each support crew vehicle must travel with hazard lights on at all times; alternatively a flashing amber light may be attached to the roof of the support vehicle and be switched on at all times. (NB please be aware of impacts upon car batteries to mitigate risk of battery failure)

**3.2.9** Support crew vehicles must not stop or park at any time in the following instances:

- Under trees due to the risk of falling debris following bushfires and floods and ongoing bad weather;
- In driveways or farm access points/gates, i.e. support crew vehicles must not impede potential traffic flow or property access at any time (NB this is where any complaints about the race usually occur);
- On Towamba Rd (including Ben Boyd Road section) prior to the Towamba checkpoint; and
- On the ascent of the Beloka Range on The Snowy River Way.

**3.2.10** No support vehicles are permitted on the section between Cow Bail Trail and Cathcart General Store. Furthermore, support vehicles must comply with the following to navigate this section:

- At the start of Cow Bail Trail, support vehicles must undertake a U-turn and head to Cathcart via New Buildings Rd and Mount Darragh Rd (53km which takes ~55mins);
- For the 14.1km from Cow Bail Trail to New Buildings Rd, support vehicles must proceed with extreme caution as they will be approaching oncoming runners;
- At New Buildings Rd, support vehicles must remove race signage and become an unofficial race support vehicle – and then head to Cathcart observing road signs and speed limits;
- At Cathcart General Store, support vehicles must re-affix race signage and re-join the race as an official support vehicle; and
- Support vehicles can then meet up with their runner at the Cathcart General Store – do not proceed to Coolungubra Rd to have an early rendezvous with your runner.

**3.2.11** Support crew vehicles must be considerate of residents along the route; and at night limit the likelihood of vehicle headlights shining onto residents' properties (NB this is also where any complaints about the race occur).

**3.2.12** After Towamba Village, support crew vehicles are required to travel in a 'leapfrog' manner with their runner, effectively:

- Travel approximately 5km ahead of their runner;
- Park safely off the edge of the road and await their runner; and
- Once their runner safely passes and the runner is confirmed as being in good condition, the support crew vehicle leapfrogs the runner and moves approximately 5km ahead to again await the runner.

**3.2.13** Support crews may not exceed the 40km/h race speed limit. Support crews are directed to drive conservatively at all times. There is a lot of wildlife active on the roads at night, particularly wombats, wallabies, ultra-runners and kangaroos! As a crew, there is no need to hurry – ultimately, you will only reach Mt Kosciuszko as fast as your runner.

**3.2.14** Please keep support vehicle hazard lights on when stopped at night, even if your runner is sleeping in the support vehicle.

## 4.0 Pacers

### 4.1 Rules

**4.1.1** Runners are responsible for the actions of their pacers. All pacers must comply with the race rules or risk disqualification of their runner.

**4.1.2** Pacers are required to keep to the extreme right-hand side of the road with their runners at all times, facing any oncoming traffic. Normal road users have right of way and pacers must get off the road if/where required.

**4.1.3** If a pacer is planning to stop at their support vehicle (e.g. for a shoe or clothing change), they may cross to the left-hand side of the road. Please ensure a traffic check occurs before crossing the road.

**4.1.4** It is mandatory for pacers to accompany their runners on the ascents of Cow Bail Trail, Beloka Hill and The Summit Path.

**4.1.5** Pacers may accompany their runners after sunset, approx. 20:30 on Friday evening, 15 hours after the commencement of the race.

**4.1.6** Only one crew member can act as a pacer for their runner, when pacing is permitted, and at any one time. There is one exception, being the Summit Path from Charlotte Pass to Mt Kosciuszko and return, where multiple support crew can be utilised.

**4.1.7** All pacers are required to wear a reflective vest compliant to Australian Standards from Checkpoint 4 (Gunningrath Rd and Snowy River Way) onwards until the end of the race.

**4.1.8** Pacers must use headlamps/torches during night hours and are encouraged to wear light coloured clothing during night hours.

**4.1.9** Pacers must not provide physical assistance to the runners such as physically supporting, carrying, pushing or towing with a bungee cord.

**4.1.10** Pacers may act as mules for runners.

**4.1.11** There is a high probability of roadworks occurring along the route – pacers must utilise extreme care and follow any road rules resulting from the roadworks.

**4.1.12** There are no toilets at Boydtown Beach...bushes are not to be used!

## 5.0 The Summit Path

### 5.1 The Summit Path Section – Charlotte Pass to Mt Kosciuszko and Return

**5.1.1** The condition of runners passing through Charlotte Pass en route to Mt Kosciuszko will be assessed by the Race Officials and Race Medics and a decision made on assumed fitness to summit and return.

**5.1.2** In case of emergency, runners and crews must follow directions from Race Officials. Runners and crews may shelter on the ascent or descent of Mount Kosciuszko at Seamans Hut (6km from Charlotte Pass) and the toilet/emergency shelter at Rawson Pass (7.6km from Charlotte Pass and 1.6km from the summit of Mount Kosciuszko).

**5.1.3** Runners and support crew are not permitted to climb or stand on the cairn at the summit. This is a condition of approval by NPWS. Runners or support crew climbing or standing on the cairn will be penalised with either a time penalty or possible disqualification.

**5.1.4** Vehicles parked at Charlotte Pass must comply with all road signs and parking restrictions.

**5.1.5** Runners and crews should be aware of the possibility of the race being terminated at Charlotte Pass should weather conditions preclude a safe ascent of Mt Kosciuszko.

**5.1.6** The Race Directors will decide if the race needs to be terminated at Charlotte Pass without summiting Mount Kosciuszko. Any decision will be based upon advice and/or direction from the National Parks and Wildlife Service, NSW Police and other emergency services.

**5.1.7** If the race is terminated at Charlotte Pass, the runner's finish will be recorded as an 'Inclement Weather' finish, but still be treated as an official race finish.

### 5.2 Mandatory Equipment for The Summit Path Section

**5.2.1** For the Summit Path section – from Charlotte Pass to Mt Kosciuszko and return – runners are required to be accompanied by a pacer. Support crews may also accompany the runner and pacer to the summit.

**5.2.2** Everyone heading to the summit must have all mandatory equipment prior to the commencement of the race.

**5.2.3** Everyone heading to the summit must be equipped with the following mandatory gear:

- Beanie, balaclava, buff or similar warm headwear
- Gloves
- Head torch with fully charged spare batteries
- Rain jacket
- Waterproof pants

- Thermal pants
- Thermal top – long sleeve
- Reflective vest
- Mobile phone (charged)
- Space blanket
- Sufficient food and water
- Sunscreen (may be one tube between runner and support crew but must be sufficient quantity for all of the runner's party)
- Trekking Poles (for use in snow traverse) for the runner; and highly recommended for pacers and support crew summiting

**5.2.4** Race Officials will check all mandatory gear at the Charlotte Pass checkpoint prior to approval for runners and pacers and support crew to depart for the summit. Support crews should have both their own and their runner's mandatory clothing and equipment ready to be checked when they arrive at Charlotte Pass.

**5.2.5** It is permissible for pacers and support crews to carry all mandatory gear for their runners from Charlotte Pass to Mt Kosciuszko and return.

## 6.0 Other

**6.1.1** The continued viability of Coast To Kosci is dependent on the safe, lawful and considerate behaviour of runners and support crews. It is incumbent on all associated with the race to ensure behaviour does not impact negatively on the race and the reputation and goodwill established by Coast To Kosci.

**6.1.2** No pets are allowed on the course as part of the race.

**6.1.3** No person under the age of 16 is allowed on the course as part of the race without express approval of the Race Directors.

**6.1.4** Runners must take responsibility for the safe disposal of all rubbish and litter i.e. the course must be clean at all times, leaving only footsteps and memories:

- Support crews are encouraged to have bags for litter and to dispose of these correctly into public bins along the route;
- If public bins are full, or close to full, rubbish should be kept in the support vehicle until it can be disposed of responsibly, including waiting until after the race if necessary; and
- Particular emphasis must be given to Mt Kosciuszko National Park, including eliminating access to food supplies for ravens, currawongs and other wildlife at Charlotte Pass.