

Kabong International Beach Trail Marathon 2025 Race Rules

Race Rules

- Be fair, kind, and environmentally conscious.
- No shortcuts. Stay on the marked trail using your own effort.
- Race number and timing wristband must be visible and worn at all times.
- Use trekking poles responsibly.
- Check in at every water station or checkpoint. You must be scanned.
- Follow cut-off times—leave aid stations before the deadline to stay ranked.
- Don't fall behind the sweepers—they will remove the trail markers.
- The sweeper has the right to stop the race if the participant has exceeded the set time (COT).
- Withdraw only at water stations. It is final.
- Mandatory gear must always be with you. Random checks apply.
- Music is allowed but must be removed on public roads.
- Stick to the right side of the road unless instructed otherwise.
- No littering. Carry your trash to the next station.
- Leave gates as you found them.
- No outside help unless from local shops.
- Call the emergency number on your bib if needed.
- Organizers may change the race course or schedule for safety.
- The organizer is not responsible for injuries and accidents during the race. However, the organizer will provide a medical team for emergency first aid.
- The organizers emphasize the safety of participants throughout the race, therefore the safety of participants is their own responsibility.
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Support Crew Rules

- Allowed at all aid stations except W1, W2, and W4.
- Must not block others or interfere with aid station operations.
- No pacing, running with, or vehicle support.
- Runners must carry all their own gear.
- No support cars at all route – Marshal available at all emergency exit.

Participant Rules

- This is a tough event for trained trail runners.
- Medical response may be slow due to remote terrain.
- Organizers may disqualify runners acting unfairly.
- Minimum age for 6KM: 12+ (with parental consent if under 18).
- Minimum age for 12KM: 16+ (with parental consent if under 18).
- Minimum age for 25KM: 16+ (with parental consent if under 18).
- Minimum age for 50KM: 16+ (with parental consent if under 18).

Disqualifying Health Conditions

- Heart conditions, hypertension, myocarditis, coronary issues, serious arrhythmia, diabetes, or other conditions aggravated by running.

Other Rules

- No bib swapping or selling without permission.
- No refunds unless withdrawal is within 7 days of payment.
- Organizers are not liable for lost or damaged property.
- **Participants may also be disqualified for the following behaviors:**
 - Littering on the race course
 - Tampering with course markings
 - Receiving unauthorized outside assistance
 - Failing to carry mandatory gear
 - Disrespecting race officials, volunteers, or other runners
 - Taking shortcuts or straying from the marked trail
 - Ignoring safety instructions or race cut-off times
 - Using any form of transportation during the race
 - Transferring or using someone else's race bib without permission

Mandatory Equipment

- Carry all gear from start to finish—no drop-offs or pickups.
- Random gear checks and top finisher checks will be done.
- **Penalties or disqualification** for missing items.
- Bum bags allowed if they fit all gear including 1.5L water.
- Headlamps with fixed rechargeable batteries are okay if they last 12 hours.
- Blinking light (not headlamp) must be worn on the back at night.



Basic Medical Kit

- Include antiseptic, gauze, dressings, elastic bandage (cohesive type).
- A blister kit is also recommended.



Optional Items

- Gels, salt sticks, electrolytes and sufficient drinking water. Runners are also advised to wear the proper trail running gear for the event. Sunglasses and caps are advisable (due to the potential hot weather during the event).