



**SULTAN AHMAD SHAH (SAS)
INTERNATIONAL ECO-CHALLENGE 2010
8th May 2010 – TIOMAN ISLAND,
PAHANG DARUL MAKMUR, MALAYSIA**

RULES AND REGULATIONS

1. **DATE:** 08/05/2010 (Saturday)
2. **VENUE :** Start and Finish at Berjaya Tioman Resort, Tioman Island, Pahang Darul Makmur, Malaysia.
3. **TIME:** Flag Off at 9.00am. There shall be a final briefing held at 8.00am located near to the Start/Finish area.
4. **ORGANIZERS:** Tentu Intan Sdn Bhd.
5. **REGISTRATION PROCESS:** On 08/05/2010 from 6.00am to 8.00am at Berjaya Tioman Resort, Tioman Island. Please call +6013 3231283 for details.
6. **Race Category/How to Win :** Participants are divided into 2 main categories
 - A. International Category (Men / Women)
Open to both local and international participants. Participant with the best time wins the prizes allocated to the international category.
 - B. Local Category (Men/Women)
Open to local participants (Malaysian IC holders) only. Participant with the best time wins the prizes allocated to the Local category
 - C. SAS International Eco-Challenge Champion for 2010 is awarded to the fastest male participant from either the international or local category. The male participant with the fastest time from either the international or local category will be declared the champion.
 - D. SAS International Eco-Challenge Iron-Lady for 2010 is awarded to the fastest female participant from either the international or local category. The female participant with the fastest time from either the international or local category will be declared the Iron-Lady.
 - E. Participants from both the international and local category will be flagged off together as they will be running the same course. The distance for male participants is approximately 30 km while for the female participants is about 25km.
7. **COURSE:** This course is designed to test the physical & mental skills of both weekend warriors and competitive participants. It involved usage of normal roads and jungle tracks. The jungle tracks includes natural obstacles such as scaling of rocks, stream crossing etc. Control point shall be use to direct the flow of the events. Participants must pass through each checkpoint in consecutive order to be considered official race finishers. Participants are allowed to participate in 1 Category only. All routes shall be marked with Red /White Tapes and assisted by directing Marshalls.
8. **CUT OFF TIME FOR THE RACE :-** The official cut off time for the race is 6 hours after the flag off time. Finisher Medal will be awarded to all participants who cross the finishing line before the official cut off time.
9. **NON RACE FINISHER :** Participants who started the race but did not officially complete the race ie did not cross the finishing line due to whatsoever reasons

(such as injury, tiredness or especially after official cut off time) must personally report to the marshal counter at the start/finish area of their intention to pull out of the race. This is very important to help the organizer ensure that all participants are accounted for after the race.

10. **TAGGING:** Each participant shall be given an official number which must be affixed with safety pins on the front and back of attire.
11. **OUTSIDE ASSISTANCE:** Each participant shall complete the challenges without any outside assistance.
12. **APPEAL JURY:** Any participant may appeal to the Jury which shall consist of three different members headed by Race Director. A RM200 application fees (non-refundable) charge has to be paid together submission of a written document. Any decision made during this process is FINAL.
13. **PARTICIPATING FEES:** Entry fee is RM 30 for each participant irrespective of category. The fees includes goodie bag and a commemorative t-shirt.
14. **AGE QUALIFICATION:** 16 years old & above. (Taken as at 8th May 2010)
15. **ENTRY FORMS:** Forms are available from Tentu Intan Sdn Bhd, Online Entry Form and The Secretariats at +6013 3231283.
16. **PARTICIPANT'S SAFETY:** The organizer shall not be held responsible for any injury, whether fatal or otherwise, to any participation and/or for damages or loss of such person's property.
17. **DO YOUR HOMEWORK:** Please train for the race and don't underestimate the race. Work on hydration during the race and be prepared for weather changes. Be properly attire during the race taking into consideration that the race will take you through jungle tracks and trails.
18. **FORBIDDEN EQUIPMENT:** Participants are only allowed to bring in your water bag during the race. All types of weapon are not allowed to during the race and the use of walkie talkie or similar radio equipment are also not allowed.
19. **CLOSING DATE: 30th April 2010**
20. **PRIZES:** Please refer to our website www.eco-challenge.com.my or to the event brochures.
21. **DRINK STATION:** Water station will be strategically position throughout the race route and please make full use of it to stay hydrated.
22. **Email address :** Please provide your complete contact information when you register especially your email address. All information updates including last minute changes (if any) to the race will be communicated to you through your email address. Your email address will be your official correspondence address.
23. **AMENDMENTS OF RULES AND REGULATIONS:** The Secretariat reserves the right to amend any of the above race rules and regulations at any time as and when required.