

Salomon Hengill Ultra Rules

Please read the [terms and conditions](#) of the race that need to be agreed upon before entering the competition.

The rules of Hengill Ultra are based on the instructions from ITRA regarding trail runs. Hengill Ultra 100 miles, Hengill Ultra 106 km, Hengill Ultra 53 km and Hengill Ultra 26 km are running races in and around mountains. Hengill Ultra 100 miles, Hengill Ultra 106km and Hengill Ultra 53 km are defined as ultramarathons. The competition takes place on mountains and in the wilderness and during the night so it's important that participants follow the rules of the event organiser and ensure their own safety as well as other participants.

The length and difficulty level of the runs, weather and surrounding nature are demanding on participants. The race organiser can postpone a race or change the route if the race can not go ahead according to plan. Participants decide whether they run or not, given the conditions ahead, fog or other bad weather conditions.

Participants are wholly responsible for reading and following the rules and acknowledging the terms and conditions that apply to Hengill Ultra competition. The rules relate to registration, safety and participant's equipment before, during and after the competition. The rules should also ensure that participants and staff be mindful of the delicate nature, the choice of routes, respect for flora and fauna in the area, marked footpaths and that rubbish and other waste is not left behind.

Hengill Ultra races:

- Hengill Ultra 100 miles is a 161 km mountain race with a combined elevation of 6150 metre.
- Hengill Ultra 100 is a 106 km mountain race with a combined elevation of 4100 metre.
- Hengill Ultra 50 is a 53 km mountain race with a combined elevation of 2050 metre.

1. Registration

The age limit is 18 years old (year of birth determines) for Hengill Ultra 100 miles, Hengill Ultra 100, Hengill Ultra 50 and Hengill Ultra 25. General rules of registration, refunds etc can be found on the [terms and conditions](#) page.

When [registering](#), participants need to confirm that they agree to the terms and conditions of the race. If participants do not agree, they can not register for the race.

2. The trail in Hengill Ultra is around the mountain area of Hengill

It is strictly prohibited to discard any rubbish, items of clothing or any equipment on the trails and an absolute ban is on discarding any human waste outside of the toilet facilities.

Participants must have their own glasses or containers to use at the hydration points. There are no disposable containers on offer at the hydration points.

3. Competition rules

- Participants ensure that they are physically and mentally able and have taken the necessary preparation to be able to run and finish their chosen race and finish that race within the set time limit (See terms and conditions).
- Participants must adhere to instructions around clothing and equipment and must bring appropriate gear for the race. Please see the obligatory equipment image below.
- **Participants must have their running number visible at the front.**
- **In order to ensure safety and to register split times, every participant should cross the time monitoring mats at the start, at check points and at the finishing line.**
- Participants that need to quit mid-race due to illness or injury are obliged to contact the race director for their particular race.
- **Participants are not authorised to accept any help from any person not registered in the race unless it is an emergency.**
- It is each participant's responsibility to deny assistance from anyone not registered in the race except in an emergency.
- It is each participant's responsibility not to run with a runner that is not registered in the race.
- **Each participant needs to carry their own equipment, rubbish/waste and drink containers. It is prohibited to discard any equipment, clothing or otherwise on the way unless it is at the official return bag site at Sleggjubeinsskarð.**
- Participants must respect other participants.
- Participants can help other participants, keeping their own and other's safety in mind.
- The race organiser can disqualify anyone who does not adhere to the rules laid out here.
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Obligatory equipment

Hengill Ultra Trail 160 km and 106 km*

- Running bag/pack to carry obligatory equipment throughout the race.
- Mobile/cell phone (organisers security number needs to be saved before the race starts), keep the phone turned on and make sure the phone is fully charged at the start of the race.
- Personal cup/beaker 15 cl minimum in addition to bottles or flasks.
- Bottles, flasks or „water-bladder“ that holds a minimum 1 litre of liquid.
- 1 headlamp/torch in good working order with spare batteries. We recommend that the headlamp/torch is waterproof and 200 lumens or more.
- Survival blanket of 1.40m x 2m minimum.
- Whistle.
- Self adhesive elasticated bandage which can serve as a bandage or strapping.
- Food reserve - Recommendation : 800 kcal (2 gels + 2 energising bars each of 65g)

- Jacket with hood which will withstand bad weather in the mountains and made with a waterproof and breathable membrane.
 - It is the runner's responsibility to judge if their jacket is both wind- and waterproof.
- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely.
- Cap or bandana or Buff®.
- Hat.
- Additional warm second layer - a warm layer top with long sleeves (cotton excluded).
 - Can be a windproof jacket, but it does not replace the obligatory waterproof jacket, and vice versa.
- Gloves.
- Waterproof over trousers.

Hengill Ultra Trail 53 km*

- Mobile/cell phone (organiser's security number saved), keep the phone turned on and make sure the phone is fully charged at the start of the race.
- Personal cup/beaker 15 cl minimum in addition to bottles or flasks.
- Survival blanket of 1.40m x 2m minimum.
- Whistle.
- Jacket with hood that will withstand bad weather in the mountains and made with a waterproof and breathable membrane. It is the runner's responsibility to judge if their jacket is both wind- and waterproof.
- Waterproof trousers.
- Additionally for the **Midnight run 53 km version**: Headlamp/torch in good working order with spare batteries. We recommend that the headlamp/torch is waterproof and 200 lumens or more.

Midnight run version - 26 km*

- Headlamp/torch in good working order with spare batteries. We recommend that the headlamp/torch is waterproof and 200 lumens or more.

***The event organiser reserves the right to reduce or withdraw items from the obligatory kit requirements based on weather conditions on race day.**

Click [here](#) to read the terms and conditions of the competition.