



ANJUR ASCENT ULTRA

14.02.2026



Anjur Ascent Ultra (A2U) – Runner Rule Book

1. Event Format

- A2U is a time-based hill loop ultra.
- Distance is not fixed — time controls progression.
- Each hour consists of 2 loops.
- All runners start together at the top of every hour.

2. Reaching Venue :

- Public transport : Take a local Chengalpet train and alight at Paranur station and from there one can take an auto to the venue.
- From Kilampakkam Bus terminus board any bus which goes to Chengalpet (Bus # 500P / 500), alight at Mahendra World City entrance. Take an auto / cab to the venue.
- Venue details will be shared later in the preparatory email / whatsapp group.

3. Loop Details

- 1 Loop ≈ 2.2 km
- 1.1 km Ascent (~150 m elevation gain)
- 1.1 km Descent
- Start & Finish of every loop is at the Base Corral.
- Aid Station available at base, every loop.

4. Hourly Structure

- At the start of each hour, runners begin 2 loops together.
- Both loops must be completed within the same hour.
- Runner must return to the base corral before the hour ends after completing both loops.



- Missing the hour cut-off = Out of race.
- Next hour starts with the same rule.

5. Categories & Timings

(Distances & elevation are indicative and depend on consistent loop completion.)

6 Hours Category

- Time: 6 AM – 12 PM or 12 PM – 6 PM
- Approx Distance: ~25 km
- Approx Elevation Gain: ~1800 m

12 Hours Category

- Time: 6 AM – 6 PM
- Approx Distance: ~50 km
- Approx Elevation Gain: ~3600 m

6. BIB Collection / Baggage

- BIB collection can be done at the venue on race day(14-Feb). Start timings of BIB distribution are as per below.
 - 04:30 am for 12 hour runners and 6 hour morning runners.
 - 10:30 am for 6 hour afternoon batch runners.
- A designated baggage drop-off area will be available near the Start Point. Please ensure your belongings are neatly packed inside a closed backpack or bag before handing them over to our volunteers.

7. Medal Eligibility Rule

- 6H Category: Runner must start the 5th hour.
- 12H Category: Runner must start the 8th hour.
- Starting the required hour confirms endurance eligibility for medal consideration.
- You will get an e-certificate which will contain the no. of loops completed.

8. Out / Elimination Rule

- A runner is considered OUT if:



- They fail to return to the base corral before the hour ends.
- They skip an hourly start.
- They voluntarily withdraw.
- If Medical Officer gives Unfit tag.
- No DNF tagging. The race simply ends for that runner.

9. Recommended Gear

- Trail shoes with good grip
- Headlamp (if low-light hours)
- Personal nutrition / electrolytes
- Mobile phone (silent mode)
- Hiking Pole
- Hat

10. Aid Station Rules

- Aid station is only at the base.
- No mid-loop support.
- Personal crew allowed only in designated area.
- Littering anywhere on route = Disqualification.
- Breakfast & Lunch will be provided for runners at the base
- Breakfast timing: 7:45AM to 10:00AM
- Lunch: 12:30PM to 3:00PM

11. Safety Guidelines

- No shortcuts.
- Please ensure your bib is visible at all times. Volunteers at the Start/Finish and Temple Top checkpoints will be tracking your progress each time you pass through them.
- Inform volunteers at the nearby checkpoint if you intend to withdraw during the course.



- Respect fellow runners & volunteers.
- Medical team's decision is final.
- All participants are required to sign a liability waiver and disclaimer form mandatorily during bib collection.

12. Fair Play & Conduct

- No pacing by non-participants on route.
- No vehicle assistance.
- No external physical support during loops.
- Maintain sportsmanship at all times.

13. Environmental Responsibility

- Leave No Trace.
- Carry back any food wrappers that you bring.
- Use designated waste zones only.

14. Organiser Rights

- Organisers reserve the right to:
 - Modify rules for safety/weather.
 - Stop a runner for medical reasons.
 - Disqualify for misconduct or rule violation.

15. Philosophy of A2U

- No fixed finish line — Time decides.
- Encourages pacing, discipline & resilience.
- Focus is endurance, rhythm & honest effort, not speed.

Respect the hill. Respect the hour. Respect the grind.