

FIRST AID FOR SUPPORTERS

ST JOHN'S will provide first aid for members of the public

FINISH VENUE

The finish of the 2018 Comrades Marathon will be at the iconic Moses Mabhida Stadium. Please take good care of all your personal belongings. Security personnel and members of the South African Police Services will be patrolling the finish area but are unable to be everywhere at once. It is your responsibility to take care of your personal items.

FINISH RULES

No children or animals will be allowed on the route including the finish straight when completing the race. Please note that this is a disqualifiable offence.

If ordered to retire from the race by a medical delegate, you must do so immediately. Any runner who is unable to move forward under their own power, (i.e. is being carried by other runners) will be prevented from continuing and medical attention will be called for. Failure to comply with this rule will lead to disqualification.

FINISH TIMES

Your finish time will be recorded on the finish line by the ChampionChip timing system. You will be guided into the finish area where you will be awarded your medal and badge.

MEDALS

Medals will be awarded as follows (men and women):-

Gold	Position 1 to 10
Wally Hayward	Position 11 to sub 6 hrs 00 min
Silver	6 hrs 00 min to sub 7 hrs 30 min
Bill Rowan	7 hrs 30 min to sub 9 hrs 00 min
Bronze	9 hrs 00 min to sub 11 hrs 00 min
Vic Clapham	11 hrs 00 min to sub 12 hrs 00 min

BACK-TO-BACK MEDALS

Back-to-Back Medals will be awarded for officially completing a consecutive down and up run. 2018 finishers who completed their first Comrades Marathon in 2017 will be awarded this medal. Your race number bib has two red stripes on either side of your Comrades Race Number. This indicates that you are eligible for the Back-to-Back medal on completion of the race.

PRESENTATION OF GREEN NUMBERS

Competitors earning their GREEN, DOUBLE, TRIPLE and QUADRUPLE GREEN NUMBERS will be presented with them once they have completed the Race. Marshals will be in attendance to guide you to the area that will be located just beyond the finish chutes.

RACE REFEREE AND OFFICIALS

If you require a Race Referee or Official from the CMA, please go to the Information Centre and personnel will locate the relevant Official for you.

INFORMATION CENTRE AT THE FINISH

The Information Kiosk situated on the south side of the stadium (near the wish bone), will be staffed by CMA personnel. You and/or your supporters are urged to make use of this facility, which will have information such as tent site maps, emergency contacts, runner's and medical information.

MEETING PLACE AT THE FINISH

Prior to starting the Race, please arrange to meet your supporters at a specific place at the finish.

LOST & FOUND

A lost and found area is situated at the Information kiosk. Please ensure that your children know your name and club. This will make it much easier for the personnel to locate parents and friends.

NO ANNOUNCEMENTS ABOUT LOST CHILDREN WILL BE MADE OVER THE PA SYSTEM DURING THE RACE.

PARKING AT THE FINISH

Please see the finish map in the Souvenir Magazine for finish parking information.

PRIZE GIVING

Prize giving will be held at 14h00. The following competitors are required to attend the Prize Giving Ceremony on race day:

Top 3 Men
Top 3 Women

Please note that trophies and medals will be awarded at the prize giving ceremony but will then be held by CMA pending receipt of doping control results from ASA. The medals and prize money will then be forwarded to the athletes via their clubs. These rules apply to all categories.

COMPULSORY ATTENDANCE AT PRIZE GIVING

The top 3 men and women are required to be available for prize giving at 13h45, to start at 14h00 sharp. Only athletes who have been examined by the Comrades Marathon Medical Officer and are medically unable to attend will be excused.

DRESS CODE FOR THE VICTORY CEREMONY & PRIZE GIVING

Athletes receiving prizes are required to be dressed in full club tracksuits, and such clothing is to comply with the standard of IAAF and ASA advertising rules regarding competitor branding. No headgear may be worn during the prize giving ceremonies. For these rules and regulations made hereunder, references to the competition shall include where relevant, all activity within the competition arena.

VICTORY CEREMONY

The Victory Ceremony will be held at 8am on Monday, 11 June 2018. All prizes will be presented at this function. THIS FUNCTION IS BY INVITATION ONLY. Attendees will be contacted beforehand.

BREAKING THE BEST DOWN RUN TIME

Should the Winners (Man and Woman) of the 2018 Comrades Marathon break the Best Time previously recorded for the "Down Run", he or she will receive a cash payment of R440, 000.00.

MALE BEST TIME: 05:18:19 by David Gatebe in 2016

FEMALE BEST TIME: 05:54:43 by Frith Van der Merwe in 1989

PROTESTS AND APPEALS

Protests concerning the status of an athlete to participate in a competition must be made prior to the commencement of the event, to the Technical Delegate.

All appeals on the day must be lodged with the Chief Referee who will then refer it to the Jury of Appeal. The appeal must be done in writing as soon as possible but not later than 30 minutes after the announcement of the results by the Chief Referee and must be accompanied by a deposit of R500.00 which will be forfeited if the appeal is unsuccessful.

Procedural details for lodging an appeal may be obtained from the Chief Referee who can be contacted via the Information Tent.

NUMERICAL AGE CATEGORY TAGS

Numerical age group category tags MUST be clearly displayed on the front and back of the athletes' upper body clothing above the race number/bib. An athlete will not be eligible for any age category prize, unless he/she is wearing an official numerical age category tag.

The size of the numbering on all age category tags must be a minimum of 6cm and a maximum of 8cm in height. The numbering shall be red on a white background.

Finally, and most importantly, the CMA Board, Staff, Sponsors, Suppliers, Partners and Race Organizing Committee, wish you an enjoyable and successful running of the Comrades Marathon. May the spirit of the Comrades Marathon carry you through to the finish, remembering always that it takes individual courage to bring about the shared rewards of being a Comrades Marathon runner.

FINAL RACE INSTRUCTIONS AND INFORMATION DOWN RUN - SUNDAY 10 JUNE 2018



ASIJIKI NO TURNING BACK

Bonitas

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Bonitas

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FINAL RACE INSTRUCTIONS AND INFORMATION

Please read carefully and inform your supporters.

THIS RACE IS RUN UNDER THE AUSPICES AND RULES OF IAAF, ASA, KZNA AND CMA

RACE NUMBERS

You should have received two Bonitas 2018 Comrades Marathon race numbers together with these instructions when registering for the race. These numbers are to be clearly displayed on the front and back of your upper body clothing. The numbers may not be defaced or modified.

Should you be unable to run for any reason, you may NOT pass your race numbers on to another runner. Any transgression of the race rules is a disqualifiable offense.

IT WILL NOT BE NECESSARY TO WEAR YOUR 2018 ASA PERMANENT LICENSE NUMBER FOR THIS EVENT

CHEATING

As this set of FINAL rules, regulations, instructions and information are contained with your two Bonitas race numbers/bibs it is deemed that you have read them and are fully aware and familiar as to what they entail.

By entering the Comrades Marathon and starting the race, you conform to, adhere and abide by the rules and regulations as set out.

THE CMA WILL NOT TOLERATE CHEATING IN ANY FORM and after following due procedure, has the right to declare your 2018 result null and void and will not accept your entry in 2019.

OFFICIAL HEADGEAR

The Toyota Comrades sponsored cap will be in your runner goodie bag and is the official preferred headgear to be worn on Race Day.

TRANSPORTATION TO THE START AND FROM THE FINISH

Bus transportation to the start in Pietermaritzburg and from the finish in Durban is available. Tickets must be purchased from the Bus Ticket Stand at the Comrades Expo or Comrades Marathon House during the registration period. The timetable details of when and where the buses will leave and drop runners off will be available when purchasing your tickets. The cost of each ticket will be R 80 one way. No tickets will be sold on race day.

START

The 2018 Comrades Marathon will start at 05h30 outside the Pietermaritzburg City Hall. NO spectators will be allowed at the start of the event due to limitations of crowd control and safety. The race is run from “gun to gun”. Plastic bin bags used as body warmers, will be STRICTLY prohibited and this will be enforced by security and referees.

Wheelchair athletes will start at the front of the race and for the safety of all participants will be set off shortly before the main race. Wheelchair athletes are invited to contact the organisers to discuss any specific aspects concerning their participation.

TOG BAG SERVICE

Biddulphs Removals will provide a free tog bag service from Pietermaritzburg to Durban. Tog bag Stickers will be available at the Biddulphs vehicles at the start. Tog bags must be handed to the Biddulphs vehicle staff at the start area. The drop off point is indicated on the start layout map shown in the Souvenir Magazine. The tog bag area will close 15 minutes prior to the start. Please get there early.

They can be collected at the finish on presentation of your tog bag voucher. For the safety of your goods, no bags will be handed over without the voucher. Please do not leave any valuables in your bags and should your cellular phones be left in your tog bag please keep them switched off. The collection point is indicated on the finish area map in the Souvenir Magazine. Please note that whilst every effort will be made to protect your personal property, neither the CMA, Biddulphs Removals nor any of its sponsors or volunteers will accept any liability for losses or damages incurred.

NB: Biddulphs will also be at the Comrades Expo and should you wish to drop off your bag at the expo with your change of clothes, etc. you may do so. However, these tog bags can only be collected at the finish.

SEEDING

Please note that the entire field will be seeded with an alphabetical letter on their race numbers. This letter will correspond to the pens at the start. Race referees, security and marshals will be on hand to ensure that runners enter the correct seeding area. To accommodate runners who wish to run with family or friends, athletes may move into a slower seeding pen but may not move into a faster seeding pen. For example: An athlete who is in batch “B” may move down to batch “E”. An athlete who is in batch “B” may NOT move into batch “A”.

Athletes found guilty of starting in a faster seeding batch may be disqualified.

IMPORTANT NOTICE! The gates to the seeding batches will close 15 minutes before the start. All late runners will have to line up in the last batch. Jumping over fences will result in the Technical Officials noting your race number for possible disqualification.

RUNNING KIT, SPONSORSHIP AND ADVERTISING

Runners must familiarise themselves with and abide by the advertising rules and regulations as per the IAAF and ASA Rulebooks. These provisions apply for the duration of the race including warming up, all race ceremonies and official press conferences. Athletes must run in their officially registered club colours. Official club colours and your 2018 Comrades race numbers must be worn throughout the race.

Under no circumstances may a runner display a political slogan be it on a flag, banner or their body.

RUNNERS ELIGIBILITY

Except for athletes on the ASA national list, athletes may only register with a club in the province of their domicile as defined in the ASA constitution, rules and regulations.

TEAM COMPETITION

All team prizes will be calculated on the combined times of the first four club members to finish in each category. To qualify for a team prize an athlete must compete wearing club colours. The domicile rule will apply.

Selected athletes will qualify to compete for the Elite/Professional team prize.

FOREIGN RUNNERS

Foreign runners, should note that in order for them to take part in the event, they require a clearance letter from their country Federation. The clearance letter must be supplied to the organizers prior to the event.

Foreign runners must be aware that the South African domestic rule requires runners to wear a clearly displayed age category tag on both the front and back of their upper body clothing to qualify for any age category prize.

Runners must familiarise themselves with the ASA rules regarding category prizes. Age category tags can be purchased at the registration counter at the Durban and Pietermaritzburg Registration at R20.00 a set.

Foreign runners may not compete in the club colours of a local (South African) club. Vests of sponsors must comply with applicable IAAF advertising regulations for club athletes.

CHAMPIONCHIP TIMING SYSTEM

Every runner must own a ChampionChip. A runner who loses or mislays his/her timing chip must purchase a replacement chip from ChampionChip. ChampionChips will be on sale at the Durban and Pietermaritzburg registration venues. Please ensure that the chip is firmly attached to either your left or right

shoe and that you use the chip that you have registered with.

ONLY ONE CHIP IS TO BE WORN. You may not run with another athlete’s chip as this will lead to disqualification. A lost chip must be reported to a Race Referee on Route.

NO CHIP, NO RESULT, NO EXCEPTION.

START LINE TIMING MAT

As soon as the back markers/last athletes of the overall race field cross over the start line timing mats, a grace period of 15 minutes will be given before the mats are removed. Once removed NO LATE STARTERS will be permitted to proceed. If you ignore this warning your race number will be recorded by the race referees and you WILL be disqualified at the finish.

RACE PHOTOGRAPHER

Jetline Action Photo is the official race photographer of the 2018 Comrades Marathon. The CMA does not sanction any other photographs that you may receive electronically, or by any other means (e.g. post).

All queries regarding race photographs must be directed to:

Jetline Action Photo

+27-11-719 0712

ROUTE

The route for this year’s race is as indicated in the Bonitas Route Map. Certain access roads will be closed to the public, as they serve as escape routes for emergency vehicles.

THE OFFICIAL RACE DISTANCE IS 90,184 KM

TIME LIMITS & CUT OFFS

If you do not reach the following cut-off points within the required time, you will be instructed by security and Race Officials to retire from the race.

YOU WILL NOT BE ALLOWED TO CONTINUE RUNNING.

Runners bailer buses will be available to transport you to the finish. Athletes who fail to obey the Race Officials and security will be disqualified. The cut-off points will be clearly sign posted and do not necessarily relate to the location of any timing mats or other markers along the route.

CUT - OFF	DISTANCE COMPLETED	TIME	TO GO
Lion Park	15,574km	02:30:00 (08h00)	74,610km
Cato Ridge	30,276km	04:20:00 (09h50)	59,908km
Drummond	44,267km	06:10:00 (11h40)	45,917km
Winston Park	57,610km	08:00:00 (13h30)	32,574km
Pinetown	68,863km	09:20:00 (14h50)	21,321km
Sherwood	81,312km	11:00:00 (16h30)	8,872km

Please note that these times and positions are subject to change should the organizers deem it necessary. The final cut-off is at 12hrs 00min (17h30) and if you have not reached the Finish, you must leave the route and retire from the race immediately. Failure to do so, or obey race officials/securities instructions, will lead to disqualification.

MARSHALS

There will be many Marshals positioned along the route. They are there to help you, the runner, to have a safe and hassle-free race.

They are also there to assist Traffic Officials. Please obey their instructions and ask your supporters to do the same.

SECONDING

No mobile seconds of any description will be allowed on or along the route. The “STAND AND HAND” rule will apply.

The Race Referees will deal with any transgression of this rule and the penalty will include disqualification of the athlete. A television referee will also be used to monitor transgressions and will disqualify runners who are in contravention of these rules. Any athlete who is found to have a support vehicle travelling on the route will be liable for disqualification.

This includes but is not limited to motorcars, motorcycles, bicycles or any mechanical devices. Only Official Vehicles with 2018 Route Access Stickers are permitted on the route.

NO UNACCREDITED VEHICLES WILL BE ALLOWED TO TRAVEL ON THE RACE ROUTE.

PARKING ON THE ROUTE

Parking areas along the route are shown on a map included in the Official Souvenir Magazine. Using these areas will make a far less stressful day for both your supporters and the Traffic Officials along the route.

Please note that these parking areas are on a first come first served basis and should they be full you will be directed on to the next available area by the Traffic Officers and Marshals.

DRIVERS WHO STOP ILLEGALLY MAY BE LIABLE FOR PROSECUTION BY THE AUTHORITIES.

TOILETS

For your convenience, portable toilets have been placed at the start and at regular intervals along the route. Please use them. Under no circumstances will anti-social behaviour or, the fouling of private property be tolerated.

SAFETY AND SECURITY

For your own safety and security, please ensure that you do not carry or wear valuable items when running.

REFRESHMENT STATIONS

There will be 44 well stocked refreshment stations situated along the route. Available at all stations will be water sachets, Energade sachets and Coca-Cola carbonated beverage. Some stations may also have potatoes, orange segments, bananas, chocolates and biscuits. Litter bins will be supplied on route and runners are requested to use them.

“NO LITTERING BEYOND THIS POINT” sign boards will be placed at the end of each refreshment point - please abide by them.

In terms of ASA rules an athlete may be warned and/or disqualified for intentional littering outside of the refreshment points.

RUNNERS RESCUE

A fleet of vehicles identified with “BAILER BUS” stickers will be travelling continually on the route. Should you wish to retire from the race, they will be available to transport you to either the finish or one of 5 assembly points on the route from where buses will take you to the bailer’s area at the finish.

PLEASE NOTE: When boarding any of the bailer vehicles your Race Number will be recorded and de-faced. You may NOT re-join the race. All runners boarding the bailer vehicles will be transported through to the finish.

Any athlete who chooses to re-join or finish the race after having boarded a rescue bus will be disqualified.

MEDICAL FACILITIES / PHYSIOTHERAPY ASSISTANCE

There are 8 dedicated medical and physiotherapy stations situated along the route (as shown on the route map). There will also be a medical and physiotherapy tent at the finish.

MEDICAL INFORMATION

All information relating to runners will be relayed through to the Information Centre which will be located at Moses Mabhida Stadium.

PLEASE ADVISE YOUR SUPPORTERS OF THE FOLLOWING:

- Your supporters must go to the Information Centre to ascertain your status.
- If you are in the medical tent or the St John’s first aid tent your supporters will be advised of your anticipated discharge time.

Please note that, the finish medical facility is only accessible to the athlete. Should you require transport to hospital, hospital treatment, or to be admitted to hospital, and you are a member of a medical aid, you will be charged accordingly.

Netcare 911 will provide Emergency Medical transport from the route and the finish facilities to the respective hospitals.

If you do not have medical aid you will be treated for a maximum period of 24 hours free of charge. Please note, this ONLY applies to runners transported to hospital by ambulance direct from the route or those referred to hospital from the Medical facility at the finish. It does not apply to runners who make their own way to a hospital. If a runner leaves the route and uses his/her own transport to get to the finish or to go home, or leaves the stadium after finishing the race and goes to a hospital (or their own doctor), he/she is no longer eligible for the sponsored free treatment as described above.

If a runner has a serious medical problem that will need more than 24 hours of hospital care and does not have Medical Aid, that runner may be transferred to a Provincial hospital, at the discretion of the relevant hospital management.

The Netcare Group will sponsor your treatment on Race Day. Patients will be transported to St Augustine’s Hospital in Durban or St Anne’s Hospital in Pietermaritzburg.

FOR ANY EMERGENCY MEDICAL ASSISTANCE ON THE DAY CALL 082911.