

**-SIZONQOBA-  
TOGETHER WE TRIUMPH**



**UP RUN SUNDAY - 9<sup>TH</sup> JUNE 2019**

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*Bonitas*

*Bonitas*

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THE FULL FIGURE OF HERMES, HEAD OF HERMES AND THE WORDS "COMRADES MARATHON" ARE REGISTERED TRADEMARKS OF THE COMRADES MARATHON ASSOCIATION. RUN UNDER THE RULES OF IAAF, ASA AND KZNA



# 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 2019 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 2019 ASA PERMANENT LICENSE NUMBER FOR THIS EVENT

IF YOUR 2019 LICENSE NUMBER IS STITCHED/PERMANENTLY ATTACHED TO YOUR RUNNING VEST, ENSURE IT IS FULLY COVERED WITH YOUR BONITAS 2019 COMRADES MARATHON RACE NUMBER.

## **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 with what they entail. By entering the Comrades Marathon and starting the race, you confirm 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 2019 result null and void and will not accept your entry in 2020.

## **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 Durban and from the finish in Pietermaritzburg 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 single ticket is R 90.00 (one way) and a return ticket is R160.00. No tickets will be sold on race day.

## **START**

The 2019 Comrades Marathon will start at 05h30 outside the Durban 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 Durban to Pietermaritzburg. 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 your 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**

Athletes 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 2019 Comrades race numbers must be worn throughout the race.

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

## **ATHLETES 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 ATHLETES**

As per IAAF Rules 4.2, 22.1 and 142 (refer to IAAF website) and Athletics South Africa (ASA) Rule 9 (refer to ASA website), in order to participate in the 2019 Comrades Marathon, you are required to submit a clearance letter from your National Federation or IAAF to ASA and the Comrades Marathon Association before the event.

Foreign athletes must be aware that the South African domestic rules requires athletes 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. Athletes 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 R30.00 a set. Foreign athletes 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 athlete must own a ChampionChip. An athlete 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 2019 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 86,83km**

## 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 POINT	RUNNING TIME	TIME OF DAY	KM DONE	KM TO GO
St Johns Avenue Subway - Pinetown	2:40:00	08h10	18,56km	68,27km
Winston Park	4:30:00	10h00	29,51km	57,32km
Drummond (Halfway)	6:10:00	11h40	43,05km	43,78km
N3 Subway - Cato Ridge	8:10:00	13h40	56,89km	29,94km
Umlaas Road Inter-change	9:30:00	15h00	67,02km	19,81km
Top of Polly Shortts	11:10:00	16h40	79,26km	7,57km

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/security instructions, will lead to disqualification.

## MARSHALS

There will be many Marshals positioned along the route. They are there to help you, the athlete, 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 athletes who are in contravention of these rules. Any athlete who is found to have a support vehicle traveling 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 2019 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 43 well stocked refreshment stations situated along the route. Products available at all stations will be water 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 traveling 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 athletes 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, AND HIS / HER ENTRY WILL BE REJECTED FOR A MINIMUM OF TWO ( 2 ) YEARS FROM PARTICIPATION IN COMRADES MARATHON .

## 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 the car park of the race course precinct at the finish.

## PLEASE ADVISE YOUR SUPPORTERS OF THE FOLLOWING:

1. Your supporters must go to the Information Centre to ascertain your status.
2. 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 athletes 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 athletes who make their own way to a hospital. If an athlete leaves the route and uses his/her own transport to get to the finish or to go home or leaves the finish venue 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 an athlete has a serious medical problem that will need more than 24 hours of hospital care and does not have Medical Aid, that athlete 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.

#### FIRST AID FOR SUPPORTERS

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

#### FINISH VENUE

The finish of the 2019 Comrades Marathon will be at Scottsville Racecourse, Home of the Golden Horse Casino. 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 athlete who is unable to move forward under their own power, (i.e. is being carried by other athletes) 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):-

##### MEDALS

Gold	Position 1 to 10
Wally Hayward (Men)	Position 11 to sub 6hrs 00min
Isavel Roche-Kelly (Women)	Position 11 to sub 7hrs 30min
Silver	6hrs 00min to sub 7hrs 30min
Bill Rowan	7hrs 30min to sub 9hrs 00min
Robert Mtshali	9hrs 00min to sub 10hrs 00min
Bronze	10hrs 00min to sub 11hrs 00min
Vic Clapham	11hrs 00min to sub 12hrs 00min

#### BACK-TO-BACK MEDALS

Back-to-Back Medals will be awarded for officially completing a consecutive down and up run. 2019 finishers who completed their first Comrades Marathon in 2018 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 Tent situated in the car park near the tunnel under the race track, 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, 10 June 2019. All prizes will be presented at this function. THIS FUNCTION IS BY INVITATION ONLY. Attendees will be contacted beforehand.

#### BREAKING THE BEST UP RUN TIME

Should the Winners (Man and Woman) of the 2019 Comrades Marathon break the Best Time previously recorded for the "UP Run", he or she will receive a cash payment of R 500 000,00.

MALE BEST TIME: 5:24:49 by Leonid Shvetsov in 2008

FEMALE BEST TIME: 6:09:24 by Elena Nurgalieva in 2006

#### 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 submitted 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

Officially Approved 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.**