



EVENT RULES

1. Participants to obey the instructions of the event organizers.
2. Solo entrants must be a minimum age of 20 years and Team entrants minimum age of 19 years on race day.
3. Participants must wear their race number on the front of the upper body clothing
4. The number of entrants will be limited to 100 runners and 50 walkers (Note a team will be regarded as one runner/walker).
5. Only entries on the official entry form will be accepted.
6. No pacing will be permitted.
7. Only stand and hand seconding will be permitted.
8. No refund of entry fees or substitutions will be considered.
9. Runners and walkers are not permitted to run or walk side by side for more than 10 metres per lap. Please be considerate to those competing.
10. Finish positions are determined by the total distance covered within 12 hrs and is not related to the speed at which the minimum distance was achieved.
11. Runners and running teams must complete a minimum of 80 kms within 12 hrs to be regarded as finishers. Similarly, walkers and walking teams must complete a minimum of 60 kms within 12 hrs.

TEAM RULES

In addition to all the rules that apply to individual runners/walkers the following apply to the team event

1. All three team members must individually sign the indemnity form.
2. Only one team member may be on the track at any one time and each person is required to remain in their designated lane whilst competing.
3. The "baton" that is passed on from one team member to the next is the timing chip which will be supplied. This must be secured around either ankle.
4. The exchange of the chip must take place in the designated transition area which will be marked off just beyond the timing mat.
5. There is no stipulation regarding the order of your team members, or when, or how often, or what distance each person must cover. This is all at the discretion of each team and their own team strategy. The only requirement is, in order to qualify as a finisher, that the team completes the minimum distance within 12 hrs.
6. The order of finishing teams is determined by the total distance covered in 12 hours and is not related to the speed at which the minimum distance was achieved.
7. When exiting and entering the tracks to and from the transition zone please be mindful of other (tired!) competitors.
8. Check behind you before changing direction.

Race Organisers: Werner Jonas – 083 376 7334

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