

**Collegians' Harriers
Longest Day Race Information
4 August 2018**

RACE START

The race starts at 7 am in front of the Collegians Harriers Clubhouse (see site map).

REGISTRATION

- 1 At the Collegians Club Hall on Saturday 4 August from 5 am to 6.40 am.
- 2 You will receive a timing chip (teams will receive one timing chip as well) and an identification tag to indicate your lane. Walkers – green, Runners inside – yellow and Runners outside - white)
- 3 You must personally collect your Registration envelope.

TIMING CHIPS

- 1 One timing chip will be issued to each team and solo participant at registration which must be strapped to your ankle.
- 2 Team members must pass on their team timing chip in the designated change over point.
- 3 On completion of the race, or should you not finish the event, the timing chip must be returned to FinishTime, who are the official timers for the event.

PRE-RACE BRIEFING

This meeting will take place at 6.40 am in the Collegians Club Hall.

CLUB COLOURS

- 1 You must run in the official colours of your club. However, as it is likely to be very cold in the early morning and late afternoon / evening, you are welcome to wear warm garments if you so wish.
- 2 We would appreciate you wearing your club vest over any other garment.

LANES

- 1 There will be three lanes. The inside lane is reserved for walkers, the next two lanes for runners.
- 2 The lane indicator tag issued to you at registration must be worn at all times.
- 3 The lane distances are: Walkers 373.6 metres : Runners Inside 386.6 metres
Runners Outside 398.9 metres
- 4 The lanes are approximately 2 metres wide.
- 5 At the start participants must enter their respective lanes behind the timing mat (the start).

MINIMUM DISTANCE

- 1 Solo runners and team relay runners must complete at least 80 km to be regarded as a finisher.
- 2 Solo walkers and team relay walkers must complete at least 60 km to be regarded as a finisher.

TEAM PARTICIPANTS

- 1 Only one member of a team can be on the course at any one time.
- 2 Team members may only change over in the designated change-over area.

THE FINAL GUN

- 1 A bell will be rung on the start/finish line approximately 5 minutes before the 12-hour gun is fired to indicate that the end of the event is imminent.
- 2 When the gun is fired, you must complete the lap you are on and cross the timing mat before you leave the track.

CLUB TENTS

- 1 Club tents are permitted to be erected on the field (see site map) on the outside of the perimeter of the track. These may be erected on Friday night.
- 2 There will be a guard on duty on Friday night through to Saturday morning.

REFRESHMENTS

- 1 A refreshment station dispensing Coke, Powerade, Crème Soda and drinking water will be provided.
- 2 You are encouraged to bring your own support team.
- 3 The 'stand and hand' rule will apply for personal seconding.
- 4 Do not sponge in the lanes rather move out of your lane and sponge. We do not want to cause damage to the field.
- 5 Refuse must be placed in the containers provided. Do not litter.
- 6 Tea, coffee and rusks will be provided to runners at registration on Saturday.

MEDICAL FACILITY

- 1 The Medical Facility is situated inside the Collegians Club Hall (see site map).
- 2 A basic medical facility will be provided with a qualified nurse in attendance from 10 am until the finish of the race.
- 3 Should you require medical attention that cannot be provided in the medical facility, arrangements will be made to transfer you to hospital. Any costs incurred therein will be for your account.

TOILET FACILITIES

The facilities are situated at the main clubhouse (the building next to the Squash courts).

PRIZE-GIVING and MEDAL AWARDS CEREMONY

The ceremony will take place in the Collegians Club Hall at 7:15 pm.

COMPETITOR'S LUCKY DRAW PRIZES

- 1 Prizes will be drawn during the course of the day and awarded at the prizegiving.
- 2 All competitors who are still running at the time of each draw are eligible for these prizes.

HELPERS' PRIZES

Prizes are to be drawn and awarded to helpers during the race. The prizewinner must be present in person to collect the prize.

PARKING

No vehicles of any nature, other than Official Race Vehicles, are permitted to park on the Collegians' Club sports field.

ALCOHOLIC BEVERAGES

In terms of the Liquor Act, and Collegians' Club regulations, no alcoholic beverages are permitted to be brought onto the club premises. Beverages are, however, available from Collegians Club.

FOOD

Food can be purchased from the Collegians Club kitchen (situated next to the club pool) which will be open from 11 am to 3 pm.