



GENERAL INFORMATION

Venue:	Collegians' Club, 381 Boshoff Street, Pietermaritzburg.
Date:	Saturday, 27 July 2019
Start Time:	7 am
Cut-off Time:	7 pm
Solo Entry Fee:	R320.00
Teams:	Three participants will constitute a team. Clubs are encouraged to enter teams. Any three participants may however make up their own team
Team entry fee:	R480.00 (R160 per participant)
Entries Close:	Friday 19 July 2019 or when 150 entries have been received, whichever is the earliest.
Enquiries:	Race office 082 750 0822
Seconding:	A quality refreshment station will be provided but you are encouraged to bring your personal seconding team.
Lap Scoring:	Lap scoring and time keeping by FinishTime
Prizes:	Numerous 'Lucky Draw' prizes will be drawn throughout the day and presented at prize giving.
Information:	Entry confirmations & Race Day information will be posted on the website www.collegiansharriers.co.za/longestday.htm
Prize Giving:	7:15 pm
Lanes:	Lane sequence will be as follows: Walkers Inside Lane, Runners Middle Lane & Runners Outside Lane.
Medals:	A medal will be presented to all runners, walkers and teams who complete the minimum distance.



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 hours.
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. Check behind you before changing direction.
8. All participants are equal, but we ask that you be considerate to those competing as individuals and where possible give them right of way.
9. We hope to encourage a friendly competition between the different categories of teams and all will be acknowledged at prize giving, so we encourage you to stay and share the celebration of your achievement.

ENTRY OPTIONS

- 1 Deposit CASH or make an EFT to the Collegians Harriers banking account at any branch of Nedbank. E-mail your deposit slip or EFT advice and entry form to collegians.harriers@gmail.com . Use the reference LD "your name" or "team name" on your deposit slip or EFT payment.

Collegians Harriers banking details:



Bank: Nedbank

Account Number: 1343 046 556

Branch and code: 198725

2. Enter at Collegians Club, Monday to Friday from 8 am to 12 noon or at Collegians Harriers on a Tuesday from 5 to 7 pm on or before 19 July 2019.
Both venues are at 381 Boshoff Street, Pietermaritzburg.
3. On-line on the club website www.collegiansharriers.co.za/longestday.htm
4. Webtickets outlet at Pick n Pay stores

LONGEST DAY SPONSORS

POWACORP CC Electrical Contracting, Construction, Maintenance, Automations & Compliance Testing Martin Roestof Cell: 083 636 1224 289 Bulwer Street, Pietermaritzburg 3201	
Polly Shortts Family Pick n Pay 1 Claveshay Road, Cleland , Pietermaritzburg. Telephone: 033-3966333	
	 Quality charcoal and briquettes Telephone 033-3421338



Collegians Harriers

Invites you to participate in the 23 rd celebration of the Longest Day a 12-Hour track race for runners and walkers to be held at Collegians Club, Pietermaritzburg, on Saturday 27 July 2019.

EVENT RULES

1. Participants to obey the instructions of Marshalls and Officials.
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 will be allocated either the middle or outside lane to run in.
10. Runners and walkers are not permitted to run or walk side by side for more than 10 metres per lap..
11. Finish positions are determined by the total distance covered within 12 hours and is not related to the speed at which the minimum distance was achieved.
12. Runners and running teams must complete a minimum of 80 kilometers within 12 hours to be regarded as finishers. Similarly, walkers and walking teams must complete a minimum of 60 kilometers within 12 hours.