

**-SIZONQOBA-
TOGETHER WE TRIUMPH**



UP RUN SUNDAY - 9TH JUNE 2019

 WWW.FACEBOOK.COM/COMRADESMARATHON

WWW.COMRADES.COM

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Bonitas

Bonitas

Bonitas

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.



PERSONAL INFORMATION

ChampionChip No.											Home Language					Gender	Male	Female	
ID / Passport No.											Date of Birth	Y	Y	Y	Y	M	M	D	D
Surname											Country of Residence								
First Name											Tel Home								
Postal Address											Postal Code								
Email Address (Confirmation of Entry will be sent to this address)																			
Cellular (SMS Confirmation of Entry will be sent to this number)																			
Occupation																			
Running Shoe Brand	Adidas	Asics	Brooks	Maxed	Mizuno	New Balance	Nike	Puma	Reebok	Saucony	Other								

MEDICAL

Do you have any allergies?	YES	NO	Please Specify															
Special medical conditions / medication	YES	NO	Please Specify															
Medical Aid	YES	NO	Name											Medical Aid No.				
Emergency Contact Person											Contact Number							

CLUB & QUALIFYING DETAILS

Athletic Club (in full)											Athletic Province							
Have you qualified?	YES	NO	License Number															

YOU MUST SUBMIT YOUR ENTRY FORM BEFORE ENTRIES CLOSE BUT YOU HAVE UNTIL 2 MAY 2019 TO SUBMIT YOUR QUALIFYING DETAILS AND 2019 LICENCE NUMBER. FAILURE TO SUBMIT YOUR QUALIFYING AND 2019 LICENCE NUMBER DETAILS WILL RESULT IN A REJECTED ENTRY. (SEE QUALIFYING RACE ON THE NEXT PAGE FOR MORE DETAILS)

Name of qualifying race											Time	H	H	M	M	
Date of qualifying race	Y	Y	Y	Y	M	M	D	D	Distance	42.2 km or longer (give distance)						

FREE T-SHIRT (T-SHIRT EXCHANGE NOT PERMITTED)

Tick your preferred style and t-shirt size:

I will collect my race number and goodie bag in

Durban	Pietermaritzburg	MALE STYLE	S	M	L	XL	XXL	
		FEMALE STYLE	XS	S	M	L	XL	XXL

PAYMENT

South African Entry Fee: (19 October to 10 December 2018)	R 600.00	Please debit my credit / debit card in the amount of R _____							
Foreign athletes (Africa/SADC): (19 October to 10 December 2018)	R 1500.00								
Foreign Athletes: (19 October to 10 December 2018)	R 3800.00								
VOLUNTARY DONATION (MARK ONE BLOCK WITH AN X)									
CHOC (Childhood Cancer Foundation of South Africa)		Card No. _____							
Community Chest Durban & Pietermaritzburg									
Hillcrest Aids Centre Trust									
Hospice Palliative Care Association of South Africa									
Wildlands Conservation Trust									
World Vision South Africa		Expiry Date	M	M	Y	Y	CVV Security No.		
Charity Donation	R	Signature of Card Holder _____							
Order ChampionChip	YES NO	R 150.00							
Total Amount	R								

WAIVER, INDEMNITY AND CONSENT

Release and Waiver: By entering this event I undertake to be bound by the rules, regulations and auspices of IAAF, ASA, KZNA and CMA. I warrant that I am in good health, physically fit and have sufficiently trained to participate in this endurance event. I agree to comply with the rules, conditions and regulations for this event, which include the payment of the entry fee. I hereby release and discharge the organizers of the Comrades Marathon, all sponsors, volunteer groups, medical personnel, and any and all local authorities, from any loss or damage, however caused, arising from my participation in the event, including pre-race and post-race activities. This waiver applies to my executors, my heirs, administrators, assigns and myself. I also grant my permission to the Comrades Marathon or its agents, in terms of Section 51 of the Electronic Communications Transactions Act 25 of 2002, to use my name, race information and any photographs, video tapes, broadcast and/or telecast footage in which I may appear, for whatever use, at no charge. I acknowledge that my entry will be rejected if any fields on this form are not fully completed.

By signing this form, I confirm all details recorded are true and correct.

Signature of Entrant: _____

Date: _____

For accommodation specials visit the Tsogo Sun website:
www.tsogosun.com

For car rental specials visit the Budget website:
www.budget.co.za

RULES & INFORMATION

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



UP RUN SUNDAY - 9TH JUNE 2019

THE ULTIMATE HUMAN RACE

DATE & TIME OF RACE

The race will be run on Sunday, 9th June 2019 starting at 05h30 and finishing at 17h30. The race is run from 'gun to gun'.

ROUTE & DISTANCE

It is an "UP RUN" starting at the City Hall in Durban and finishing at Scottsville Racecourse in Pietermaritzburg. The race distance is approximately 87km. The distance is subject to change and will be confirmed in the final race instructions.

ENTRY FEE

South Africa only: R600 (19 October to 10 December 2018)

Foreign athletes (Africa/SADC): R 1500 (19 October to 10 December 2018)

Foreign athletes: R 3800 (19 October to 10 December 2018)

Entry fee is waived for holders of 25 or more Comrades medals. Contact CMA for a voucher number required during the entry process.

ENTRY FEES ARE NON-REFUNDABLE.

ENTRY PERIOD

Entries open on 19 October 2018 and close on 10 December 2018.

Total number of entries will be capped at 25,000. Entries will close on 10 December 2018 or once the 25,000 entries have been received.

NO ENTRIES WILL BE TAKEN IN 2019.

RIGHTS RESERVED

Any irregularities in your entry form will result in a rejected entry. Comrades Marathon Association reserves the right to accept or reject any entry, subject to the rules of IAAF, ASA, KZNA and CMA.

AGE RESTRICTION

The minimum age requirement is that the athlete must be 20 years or older on the day of the Comrades Marathon.

RESTRICTION OF ENTRY

The Comrades Marathon is restricted to club registered runners only. All participants must be 2019 licensed by their respective Federations. The domicile rule will be strictly enforced. No athlete may run for a club other than a club registered in the Province in which they are domiciled unless they are registered on the current ASA National List. Athletes will not be in possession of their 2019 licenses at the time of entry. They will be allowed to enter, however they MUST submit their club name and license number to CMA by 16h30 on 2nd May 2019. Failure to submit these details will result in the entry being rejected.

Note for 2020 Novice Entrants:

- 7000 entries will be reserved exclusively for novice entrants
- Entrants must submit qualifying details and proof on entry or by a set date before the substitution period. Failing to do so, the incomplete novice entries will automatically be matched to a substitution list entrant and the novice entrant forfeits their entry and associated fee.

SUBSTITUTION

The Comrades Marathon Association will accept substitutions for the 2019 Comrades Marathon during the window period starting on 1st March 2019 and ending 15th April 2019. No late substitutions will be accepted.

FOREIGN ATHLETES

Foreign athletes must strictly observe IAAF Rule 4 and ASA Rule 9. All foreign athletes must note that in order to participate in the event, they require written approval (a permit) from their National Federations.

In a case where a foreign athlete is entered through a South African athletics club, it is the responsibility of the club to assist the athlete in securing the permit, and to hand it over to the race organizers before the event takes place.

Event organizers reserve the right to reject the entry of foreign athletes who violate IAAF Rule 4 and ASA Rule 9.

HOW TO ENTER

1. ONLINE ENTRIES

Enter online at www.comrades.com. Please note, in order to enter online you will require either a Debit / Credit card (Visa / MasterCard). Online entries will open at 8:00am on 19 October 2018.

2. DROP-OFF POINT

Hand deliver your entry to the Comrades House in Pietermaritzburg by 16h30 on closing date of entries. (Refer to "ENTRY PERIOD" clause above).

3. POSTAL ENTRIES

Post your entry to Comrades Marathon, PO Box 100621, Scottsville, 3209. You may enter using one of the following options, either by cheque or direct deposit. All cheques, and direct deposits must be made payable to the Comrades Marathon Association.

Postal entries must be postmarked by the Post Office no later than closing date of entries (Refer to "ENTRY PERIOD" clause above). We strongly recommend that you send your entries by registered post. Please keep a copy of your entry form, registered post receipt and deposit slip. Should there be any issues with the non-delivery of your entry we will require a copy from you.

4. DIRECT DEPOSIT

Runners may pay their entry fee by DIRECT DEPOSIT into a Nedbank branch and post their entry form and original deposit slip to CMA. Bank details are: Nedbank, Branch Code: 130526, Account No. 1305846559. Please use your ID Number as the reference number on the deposit slip.

SEEDING BATCH

All runners will be seeded according to their qualifying times. Runners who have improved their qualifying times after entering may upgrade their seeding by entering the race name and their qualifying time into their registration details on the Comrades Marathon website.

QUALIFYING RACE DISTANCE										
Batch	42.2 km	48 - 50 km	52 - 54 km	56 km	60 km	64 km	68 km	80 km	90km	100 km
A	2:59:59	3:39:59	3:59:59	4:04:59	4:34:59	4:54:59	5:19:59	6:29:59	7:29:59	8:14:59
B	3:19:59	3:59:59	4:19:59	4:34:59	4:59:59	5:24:59	5:49:59	7:09:59	8:14:59	9:14:59
C	3:39:59	4:24:59	4:49:59	4:59:59	5:24:59	5:49:59	6:19:59	7:44:59	8:59:59	10:14:59
D	3:59:59	4:49:59	5:14:59	5:29:59	5:59:59	6:29:59	6:59:59	8:29:59	9:44:59	10:59:59
E	GREEN NUMBER CLUB									
F	4:19:59	5:14:59	5:44:59	5:59:59	6:29:59	6:59:59	7:29:59	9:09:59	10:29:59	11:44:59
G	4:34:59	5:34:59	6:04:59	6:24:59	6:59:59	7:34:59	8:09:59	9:59:59	11:29:59	12:29:59
H	4:49:59	5:49:59	6:24:59	6:44:59	7:19:59	7:54:59	8:29:59	10:24:59	11:59:59	13:29:59

The Ironman seeding table can be downloaded from our website www.comrades.com.

POST THE ORIGINAL DEPOSIT SLIP WITH YOUR ENTRY. NO PHOTOCOPIES WILL BE ACCEPTED.

KEEP A COPY OF YOUR ENTRY FORM. PLEASE DO NOT DUPLICATE YOUR ENTRY.

NO FAX, E-MAIL OR LATE ENTRIES WILL BE ACCEPTED.

ENTRY FEES ARE NOT REFUNDABLE UNDER ANY CIRCUMSTANCES.

CHAMPIONCHIP

All entrants must run with their own ChampionChip. Entrants who do not own their own ChampionChip must purchase a chip from ChampionChip Africa, or one of their distributors, prior to entering the event. Runners MUST produce their ChampionChip when collecting their race pack. All runners are required to wear a ChampionChip timing device on their shoes for the duration of the race. The chip must be registered in the runner's name and NOT belong to someone else. Wearing another athlete's ChampionChip will lead to disqualification.

NO CHIP, NO RESULTS, NO RUN, NO EXCEPTION.

For more information please contact ChampionChip on +27(0)861 100963 or visit their website www.championchip.co.za.

QUALIFYING RACE

All qualifying races must be ASA technically compliant and meet the Comrades Marathon qualifying criteria. You must submit your provincially approved club name, license number and qualifying race details by no later than 2nd May 2019.

This can be done either by email, contacting the CMA office, updating your details online or by instructing your club administrator to do so for you. Qualifying details will NOT be accepted at Race Registration. Failure to meet the qualifying criteria will result in your entry being rejected. No seeding upgrades will be accepted after 2nd May 2019 and particularly at Race Registration.

You will not be able to participate and your details will be removed from our database, you will NOT receive a goodie bag or runner's t-shirt.

Note for the 2020 race and beyond the qualification period will align with the opening date of entries.

QUALIFYING TABLE

DISTANCE OF RACE	TIME
42.2km	4:49:59
48-50km	5:49:59
52-54km	6:24:59
56km	6:44:59
60km	7:19:59
64km	7:54:59
68km	8:29:59
80km	10:24:59
90km	11:59:59
100km	13:29:59

Entrants without access to the internet can contact the CMA office and supply their qualifying details to upgrade their seeding.

All qualifying details must be checked and signed off by your club administrator. No upgrade of seeding will be permitted after 2nd May 2019.

RUNNING KIT, SPONSORSHIP & ADVERTISING

Athletes must comply with ASA Rule 3, IAAF Rule 8 and 143. In order to qualify for a team prize, athletes must wear their club colours, as officially registered with their provincial federation. **THE TWO OFFICIAL 2019 COMRADES MARATHON RACE NUMBERS MUST BE WORN ON THE FRONT AND BACK OF YOUR UPPER BODY GARMENT THROUGHOUT THE RACE. FAILURE TO COMPLY WITH THIS RULE WILL RESULT IN DISQUALIFICATION.** Runners must familiarize themselves with and abide by the advertising rules 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. Under no circumstances may a runner display a political slogan in any matter or form.

SECONDING/PHYSICAL ASSISTANCE

The no mobile seconding rule will be very strictly enforced. No seconds may drive, cycle or run alongside any athlete on the route. **The stand and hand rule**, whereby a runner's seconds may stand at designated points on the route and hand refreshments to their athlete while they remain stationary, will apply. No seconds may travel on the route. No pacing will be permitted. Any transgressions will lead to disqualification. **Any athlete being found carried along the route and/or before the finish line will be liable for disqualification. (IAAF Rule 144).**

ACKNOWLEDGEMENT OF ENTRY

Entries can be confirmed on the Comrades Marathon website www.comrades.com by viewing the "Startlist" (home page) or login to your user profile using your unique username and password supplied during the entry process. Entries will also be acknowledged to valid e-mail addresses and/or by SMS as supplied on your entry form. It is your responsibility to ensure your contact details are up to date and accurate.

It is your personal responsibility to check your details and confirmation of entry. If any of the details are incorrect, please log on with your username and password supplied and correct your details or contact the CMA office. Print your entry confirmation email.

NUMBER COLLECTION

You must collect your two Comrades Marathon race numbers, Mizuno t-shirt and Goodie Bag from the venue you have indicated on your entry form. Should you have placed an order for a ChampionChip with your entry form, the chip will be in your race number pack and can ONLY be collected from the registration venue you have indicated.

Should you wish to use a ChampionChip for qualifying races before the Comrades Marathon, please contact ChampionChip directly. These items will not be posted to you. It is important to note the following when collecting your race number package:

- All runners MUST produce their ChampionChip when collecting their race number pack (Athletes who ordered a new ChampionChip with their entry will receive it at Race Registration).
- All runners MUST provide proof of identity to collect their race number pack e.g. ID book/card, Passport or Driver's License, along with your race entry confirmation.

NO race numbers will be issued on race day.



RULES & INFORMATION

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THE ULTIMATE HUMAN RACE

REGISTRATION VENUE

DURBAN	PIETERMARITZBURG
Durban Exhibition Centre Walnut Road Durban	Comrades Marathon House 18 Connaught Road Scottsville Pietermaritzburg

DATES & TIMES	
Thursday 6th June 2019	10h00 - 19h00
Friday 7th June 2019	09h00 - 19h00
Saturday 8th June 2019	09h00 - 17h00

If you are unable to collect your race number package, a third party can collect this on your behalf providing they have a printed copy of Acknowledgement of Entry, the athlete's ChampionChip as well as a letter of authorization from the entrant and a certified copy of your ID and the entrants ID. The person collecting the race number package must have identification.

Runners may not claim their registration package after registration closes. These items will not be posted to you and no refunds will be processed.

BUS TICKETS

Bus tickets from Pietermaritzburg to the start in Durban and from the finish in Pietermaritzburg back to Durban after the race will be available for sale only at both registration venues. No tickets will be available on race day.

TIME LIMITS & CUT-OFFS

The race is run from "gun to gun". The cut-off times for the following points will be confirmed in the final race instructions. The CMA reserves the right to alter these positions and times. Runners will be required to board a bailer bus and be transported to the finish venue should they not have reached the cut-off points within the specified time.

The cut-off points will be clearly sign posted.

CUT-OFF POINTS				
CUT-OFF	RUNNING TIME	TIME OF DAY	KM TO GO	KM DONE
St Johns Avenue Subway (Pinetown)	2:40:00	08h10	68,5	18,2
Winston Park	4:30:00	10h00	57	29,7
Drummond (Halfway)	6:10:00	11h40	44	42,7
N3 Subway - Cato Ridge	8:10:00	13h40	30	56,7
Umlaas Road Interchange	9:30:00	15h00	20	66,7
Top of Polly Shortts	11:10:00	16h40	7,5	79,2

Please note that these times and positions are subject to change should the organisers deem it necessary. The final cut-off is 12 hours (17h30) and if you have not reached the Finish, you must leave the route and retire from the race immediately.

FINAL RACE INSTRUCTIONS

Your Final Race Instructions form part of the rules of the race and will be included with your race pack. All rules included in the Final Race Instructions supersede the Entry Form rules.

AWARDS & INFORMATION

GENERAL AWARDS

Badges and Medals will be awarded to all official finishers who complete the full distance within the 12-hour cut-off.

MEDALS	
Gold	First 10 Men and Women
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

PRIZE MONEY

PRIZE MONEY		
POSITION	MEN	WOMEN
Position 1	R 500 000,00	R 500 000,00
Position 2	R 250 000,00	R 250 000,00
Position 3	R 180 000,00	R 180 000,00
Position 4	R 90 000,00	R 90 000,00
Position 5	R 70 000,00	R 70 000,00
Position 6	R 40 000,00	R 40 000,00
Position 7	R 35 000,00	R 35 000,00
Position 8	R 30 000,00	R 30 000,00
Position 9	R 25 000,00	R 25 000,00
Position 10	R 20 000,00	R 20 000,00

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

THE BEST TIME PREVIOUSLY RECORDED

5:24:49 by Leonid Shvetsov in 2008
6:09:24 by Elena Nurgalieva in 2006

AGE CATEGORIES

An athlete is not eligible for a prize in more than one age category, i.e. an athlete is only eligible for a prize in the age category applicable to him/her or the younger category chosen by him/her provided he/she is wearing the relevant ASA approved age category tag. An athlete, male or female, who finishes the race in first to tenth position, may, however, win his/her position prize as well as any applicable age category prize. Unless you specifically request in writing to CMA organisers to change your age category to a lower age category, by 2nd May 2019, you will be entered in the age category of your chronological age. Appropriate ASA approved numerical age category tags must be worn on the front and back of the upper body garment and be clearly visible. An athlete must provide positive identification to verify proof of age. These rules apply to both individual and team categories.

AGE CATEGORY PRIZES

POSITION	MEN	WOMEN
40 - 49 years		
Position 1	R 20 000,00	R 20 000,00
Position 2	R 12 000,00	R 12 000,00
Position 3	R 6 000,00	R 6 000,00
50 - 59 years		
Position 1	R 12 000,00	R 12 000,00
Position 2	R 6 000,00	R 6 000,00
Position 3	R 4 000,00	R 4 000,00
60 years +		
Position 1	R 6 000,00	R 6 000,00
Position 2	R 4 000,00	R 4 000,00
Position 3	R 3 000,00	R 3 000,00

TEAM COMPETITION

All team prizes will be calculated on the combined times of the first four (4) club members to finish in the Open (20 - 39 years) category and the first four (4) club members to finish in the 40+ category. In order to qualify for a team prize an athlete must compete wearing officially registered club colours. The domicile rule will be strictly enforced.

Team prizes and rules pertaining to the awarding thereof will be detailed in the Final Race Instructions.

TEAM PRIZES

TEAMS (Amateur/Recreational Clubs)		
POSITION	MEN	WOMEN
Open 20 - 39 years		
1st team	R 16 000,00	R 16 000,00
2nd team	R 12 000,00	R 12 000,00
3rd team	R 8 000,00	R 8 000,00
Over 40 years		
1st team	R 12 000,00	R 12 000,00
2nd team	R 8 000,00	R 8 000,00
3rd team	R 4 000,00	R 4 000,00
Professional		
1st team	R 32 000,00	R 32 000,00

SOUTH AFRICAN RUNNERS

The first South African citizen (man and woman) to complete the event will each receive a cash payment of R 200 000,00

KWAZULU-NATAL ATHLETE

The first KwaZulu-Natal athlete (man and woman) to complete the event will each receive R 45 000,00 from the KwaZulu-Natal Department of Sport and Recreation. A KwaZulu - Natal athlete shall be defined as an athlete domiciled in the province of KwaZulu - Natal, and licensed by KwaZulu - Natal Athletics, but includes any athlete domiciled in KwaZulu - Natal who is registered on the current ASA National List, and who may be licensed in another province.

PRIZE MONEY & AWARDS

All prizes including prize money, trophies and/or special medals will only be issued once Doping Control results have been received and subject to clearance. All prize money is subject to South African tax laws and may take up to 3 months to process.

OFFICIAL CHARITY

The Comrades Marathon Amabeadibeadl Campaign consists of six official charities namely:

CHOC (Childhood Cancer Foundation of South Africa), Community Chest Durban & Pietermaritzburg, Hillcrest Aids Centre Trust, Hospice Palliative Care Association of South Africa, Wildlands Conservation Trust and World Vision South Africa.

An Amabeadibeadl gift will be enclosed in your race number pack when you make a minimum donation of R50.00. Please support our Comrades Marathon Official Charities



RACE - 4 - CHARITY

The Race - 4 - Charity campaign is intended to foster wider support for charitable fundraising for the CMA's six official charities. An exciting facet to this campaign is that runners have the opportunity to improve their seeding batch, while raising funds for a good cause. The CMA has reserved 500 entries for runners, who need to raise R 6000.00 each. This will ensure that they get to start in the "Charity" batch near the front of the field on race day. Follow the link on the Comrades Website to sign up, and encourage your family, friends, co-workers and supporters to donate and leave messages of motivation on your fundraising page. Runners get to choose which of the six Amabeadibeadl charities they would like to support. All Race - 4 - Charity runners will also be on the receiving end of an exclusive goodie bag which they can collect during Registration. The entry process is also a simple one. Runners need to enter the Comrades 2019 by closing date of entries but will have until 2nd May 2019 to sign up and raise funds. Please note that normal race rules still apply for entries and there are no refunds, should a runner fail to qualify or raise the minimum amount. For more information and details on our charity initiative, please visit www.comrades.com



FURTHER ENQUIRIES

Comrades Marathon Association
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Telephone +27(0)33 8978650
Email info@comrades.com
www.comrades.com

