

# FINAL RACE INSTRUCTIONS AND INFORMATION

## DOWN RUN - SUNDAY 11 JUNE 2023



2023

THIS IS IT!  
ZIYASHA!

SUNDAY 11 JUNE  
DOWN RUN



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 WA, ASA AND KZNA.

[WWW.COMRADES.COM](http://WWW.COMRADES.COM)

# FINAL RACE INSTRUCTIONS AND INFORMATION

**Please read carefully and inform your supporters.**

***THIS RACE IS RUN UNDER THE RULES OF WA, ASA, KZNA AND CMA***

**WARNING - DUE TO THE MASSIVE ROADWORKS ON THE N3 FOR THE FIRST 30KM OF THE RACE FROM PIETERMARITZBURG TO CATO RIDGE, IF YOU ARE TRAVELLING TO THE START FROM DURBAN ON THE MORNING OF THE RACE YOU ARE ADVISED TO LEAVE EXTRA EARLY (SUGGEST AN HOUR EARLIER THAN YOU WOULD NORMALLY DO) AS THE SHEER VOLUME OF TRAFFIC WILL DEFINITELY LEAD TO CONGESTION AND A SUBSTANTIALLY LONGER TRAVELLING TIME. WITHOUT ANY ACCIDENTS OR VEHICLE BREAKDOWNS YOU CAN FACTOR IN THE JOURNEY TAKING YOU ONE HOUR AND THIRTY MINUTES – YOU HAVE BEEN WARNED!**

## **RACE NUMBERS**

You should have received two Hollywoodbets race numbers together with these instructions when registering for the race. These race numbers are to be clearly displayed on the front and back of your upper body clothing. The race 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 2023 ASA PROVINCIAL LICENSE NUMBER FOR THIS EVENT.

IF YOUR 2023 ASA PROVINCIAL LICENSE NUMBER IS STITCHED/ PERMANENTLY ATTACHED TO YOUR RUNNING VEST, ENSURE THAT IT IS FULLY COVERED WITH YOUR HOLLYWOODBETS RACE NUMBERS.

## **CHEATING**

As this set of FINAL rules, regulations, instructions and information are contained with your two Hollywoodbets 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 process with the Chief Referee, reserves the right to declare your 2023 result null and void and not accept your entry in 2024 & 2025.

## **OFFICIAL HEADGEAR**

The Toyota 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 Pietermaritzburg and from the finish in Durban 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. No tickets will be sold on race day.

## **START**

The 2023 Comrades Marathon will start at 05h30 outside the Pietermaritzburg 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 Pietermaritzburg to Durban. 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 points are 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.

Tog bags 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. 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 Pietermaritzburg Registration, and should you wish to drop off your tog bag, 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 "C". 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 disqualification.

## **RUNNING KIT, SPONSORSHIP & ADVERTISING**

Athletes must comply with WA Rule 8, 143 and ASA Rule 3. In order to qualify for a team prize, athletes must wear their club colours, as officially registered with their provincial federation. THE TWO OFFICIAL 2023 HOLLYWOODBETS 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 WA 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.

## **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. Only valid for South African citizens. Selected athletes will qualify to compete for the Professional team prize.

## **FOREIGN ATHLETES**

Foreign athletes must strictly observe WA Rule 4, 22, and 142 as well as ASA Rule 9.

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 observing WA Rule 4, 22, and 142 as well as ASA Rule 9.

Event organizers reserve the right to reject the entry of foreign athletes who violate WA Rule 4, 22, and 142 as well as ASA Rule 9.

## **FINISHTIME TIMING CHIPS**

All athletes will receive 2 temporary timing chips on their race numbers. The chips will be stuck onto the 2 race numbers for you prior to collection. This means you will not need to purchase or provide a plastic timing chip (normally affixed to the shoe) at registration.

**Please do not tamper with or remove the timing chips from your race numbers. Don't fold or crumple your race number either.**

You may not run with another athlete's race number or timing chip as this will lead to disqualification. A lost chip must be reported to a Race Referee on Route.

## **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

MarathonPhotosLive is the official race photographer of the 2023 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:

**MarathonPhotosLive**  
Email: enquiries@marathon-photos.com  
https://marathonphotos.live

ROUTE

The route for this year's race is as indicated in the Comrades 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 87,7km

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 busses 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	RUNNING TIME	TIME OF DAY
Cato Ridge	04:30:00	(10h00)
Drummond	06:10:00	(11h40)
Winston Park	08:10:00	(13h40)
Pinetown	09:20:00	(14h50)
Sherwood	11:00:00	(16h30)

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/securities instructions, will lead to disqualification.

MARSHALS

There will be 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/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. (WA Rule 144).

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 serve basis, and should they be full you will be directed on to the next available area by the Traffic Officers and Marshals.

**DUE TO THE MASSIVE ROADWORKS ON THE N3 FOR THE FIRST 30KM OF THE RACE FROM PIETERMARITZBURG TO CATO RIDGE THE FOLLOWING PARKING AREAS WILL NOT BE ACCESSIBLE THIS YEAR – LYNNFIELD PARK, UMLAAS ROAD AND CAMPERDOWN. THE FIRST AVAILABLE PARKING SPACE WILL BE AT CATO RIDGE. ONCE FULL TRAFFIC AUTHORITIES WILL INSTRUCT MOTORISTS TO CONTINUE ON TOWARDS DURBAN.**

**DRIVERS WHO STOP ILLEGALLY ANYWHERE ALONG THE N3 WILL 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 42 well stocked refreshment stations situated along the route. Products available at all stations will be water sachets, Isofit+ energy drink and Coca-Cola carbonated beverages. Some stations may also have potatoes, orange segments, bananas. Litter bins will be supplied on route and runners are requested to use them.

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 THE 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 HollywoodBets Kingsmead Cricket Stadium (Official Finish Venue).

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 runners 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 runners who make their own way to a hospital. If a runner leaves the route and uses his/her own transport to get to the finish or to go home or leaves the stadium 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 a runner has a serious medical problem that will need more than 24 hours of hospital care and does not have Medical Aid, that runner 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

Netcare will provide first aid for members of the public at the finish venue.

FINISH VENUE

The finish of the 2023 Comrades Marathon will be at the iconic HollywoodBets Kingsmead Stadium. 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 runner who is unable to move forward under their own power, (i.e., is being carried by other runners) 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 FinishTime timing system. You will be guided into the finish area where you will be awarded your medal and badge.

MEDALS

MEDALS	
Gold	First 10 Men and Women
Wally Hayward (Men) Isavel-Roche Kelly (Women)	Position 11 to sub 6hrs 00min Position 11 to sub 7hrs 30min
Silver (Men)	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 only be awarded for officially completing your first consecutive finish after your official novice finish (without prior attempts). 2023 finishers who completed their first Comrades Marathon in 2019 will be awarded this medal (without a 2022 attempt). Your race number bib has two purple 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 main Information Centre is situated on the North side of the stadium (behind the North Stand). There will be a second information station situated on field. These will be staffed by CMA personnel and you and/or your supporters are urged to make use of these facilities, 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 main Information Centre. 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 visit the Comrades website [www.comrades.com](http://www.comrades.com) for information around finish parking.

PRIZE GIVING

Prize giving will be held at 14h35. 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 14h15 to start at 14h35 sharp. Only athletes who have been examined by the Comrades Marathon Race Doctor 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 standards of WA 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 (CHAMPIONS BREAKFAST PRIZEGIVING)

The Victory Ceremony will be held at 8am on Monday, 12 June 2023. All prizes will be presented at this function. THIS FUNCTION IS BY INVITATION ONLY. Attendees will be contacted beforehand.

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 R60 000,00 from the KwaZulu-Natal Department of Sport, Arts and Culture.

A KwaZulu-Natal athlete shall be defined as an athlete domiciled in the province of KwaZulu-Natal and licensed by KwaZulu-Natal Athletics, and includes any athlete domiciled in KZN who is registered on the current ASA National List but is a member of a club in another province (ASA Rule 6.3.1 and 6.3.8).

PRIZE MONEY & AWARDS

All prizes including prize money, trophies and/or special medals will only be issued once Doping Control results (whether tested or not) 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.

BREAKING THE BEST DOWN RUN TIME

Should the Winners (Man and Woman) of the 2023 Comrades Marathon break the Best Time - previously recorded for the "Down Run", he or she will receive a cash payment of R500 000,00.

MALE BEST TIME: 05:18:19 by David Gatebe in 2016

FEMALE BEST TIME: 05:54:43 by Frith Van der Merwe in 1989

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 Centre.

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 displaying the relevant ASA approved age category tag. **As your age category will be pre-printed onto your race number/bib, it will NOT be necessary for you to wear the ASA approved cloth 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 requested in writing to CMA organisers to change your age category to a lower age category, by 2 May 2023, you will be entered in the age category of your chronological age.

An athlete must provide positive identification to verify proof of age. These rules apply to both individual and team categories.

Finally, and most importantly, the CMA Board, Staff, Sponsors, Suppliers, Partners, and Race Organizing Committee, wish you an enjoyable and successful running of the 96<sup>th</sup> 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.