



**Please read these instructions carefully and share with your coaches, managers and supporters. These Final Race Instructions will be available for download through the Comrades Marathon App.**

**The 2024 Comrades Marathon is run in accordance with the Rules and Regulations of Athletics South Africa (ASA), KwaZulu Natal Athletics (KZNA) and the Comrades Marathon Association (CMA). All participants must comply with all applicable Rules and Regulations, including those set out herein.**

### **PARTICIPANT ENTRY, BATCH SEEDING AND RACE NUMBER**

**Race Number:** You will receive two Comrades Marathon race numbers when registering for the race. These race numbers **MUST** be clearly displayed on the **FRONT AND BACK** of your upper body clothing for the entire duration of your participation in the event. Failure to adhere to this rule may result in your disqualification.

The race number contains a temporary timing chip required by each participant in the race and may not be crumpled, bent, defaced, or modified in any way.

**South African participants:** It will **not** be necessary to wear an ASA provincial license number for this event. If your ASA provincial license number is stitched/permanently attached to your running vest, kindly ensure that it is fully covered by your Comrades Marathon race number.

**No Transfer Permitted:** Comrades Marathon race numbers have been assigned to each participant specifically and may not be transferred, reproduced, replicated, or worn by any other person under any circumstance. You may not:

1. give or sell your race number to another person;
2. receive or purchase a race number from another person;
3. modify, make copies or other reproductions/replications of your race number; and/or
4. participate with an unofficial race number (i.e. a race number not specifically assigned to you by the CMA).

Any attempt to do any of the foregoing is prohibited and any person found to have violated this rule may be disqualified and their future entry to the Comrades Marathon rejected.

**Batch Seeding:** You **MUST** enter and start the race from within the seeding batch to which you have been allocated. Your seeding batch is reflected by the alphabetical letter preceding the numerical digits on your race number.

You are not permitted to start the race from within a seeding batch ahead of the seeding batch to which you have been allocated (E.G. if you are seeded to start within batch F, **you may not start the race from within batch C**). **Similarly, you are not permitted to start the race from within a seeding batch behind the seeding batch to which you have been allocated (E.G. if you are seeded to start within batch D, you may not start the race from within batch H)**. Should you wish to start the race from within a slower seeding batch than the one to which you have been allocated, please visit the CMA Information Centre at registration.

### **THE START**

**Bus Transportation:** Bus transportation to the start in Durban and from the finish in Pietermaritzburg is available. Tickets must be purchased from the Bus Ticket Stand at the Comrades EXPO in Durban or at Comrades Marathon House in Pietermaritzburg during the registration period.

The cost of a one-way ticket is R150. The cost of a return ticket is R290.

The timetable details of when and where the buses will leave and drop runners off will be available when purchasing your tickets. No bus tickets will be sold on race day.

**Tog Bag Service:** Biddulphs Removals will provide a free tog bag service from the start in Durban to the finish in Pietermaritzburg. Participants may deliver their tog bags to the Biddulphs Removals vehicles in Durban immediately prior to the start of the race. The tog bag drop-off points are indicated on the start layout map published in the Souvenir Magazine. The tog bag area will close **20 minutes** prior to the start (i.e. at 05h10).

Tog bags can be collected at the finish upon presentation of a participants tog bag voucher (issued to each participant at time of delivery before the start). No tog bags will be returned without a voucher.

*Kindly note that while all reasonable efforts will be made to protect your personal property, neither the CMA, Biddulphs Removals nor any of their respective staff, Board Members, representatives, sponsors, partners or volunteers will accept any liability for any loss or damage incurred by a participant subsequent to their delivery of a tog bag to the Tog Bag Service. Please do not leave any valuables in your bags. Should you choose to leave a cellular phone in your tog bag please ensure it is switched off.*

The tog bag collection point is indicated on the finish area map published in the Souvenir Magazine.

**[NOTE: Participants may also deliver their tog bags to Biddulphs Removals when registering for the race in Durban and Pietermaritzburg. These tog bags may then be collected at the finish venue.]**

**Start Batches and Seeding:** Each participant has been assigned to a specific start/seeding batch, ordered alphabetically, depending on the race qualifying time submitted at the time of entry. Each participant's start batch is indicated by the alphabetical letter preceding the numerical digits printed on their Comrades Marathon race number.

Participants are responsible for arriving at the entry points to their assigned start batch before the batch closing times (i.e. before 05h15). Any participant who improperly enters a start batch other than the one assigned to them may be disqualified and their future entry to the Comrades Marathon rejected.

**[NOTE: The access points to the start batches will close 15 minutes before the start (i.e. at 05h15). Any participant who arrives at the start after 05h15 will need to line up behind the last start batch (i.e. H-batch) and may not climb over the fence and/or barricades to access their designated seeding batch.]**

**Toilets and Urinals at the Start:** A total of 200 portable toilets and 100 urinals have been placed for use by participants at the start; please use them. Any participant seen urinating or defecating in a start batch may have their future entry to the Comrades Marathon rejected in 2025.

**Race Start:** The 2024 Comrades Marathon will start at 05h30 outside the Durban City Hall and will be run "gun-to-gun" until the final race cut-off at 17h30 within the Scottsville Racecourse in Pietermaritzburg.

**[NOTE: Any participant who does not cross the official start line and the timing mat located thereon will not be attributed an official race result.]**

**Late Starters:** As soon as the back markers/last participants have crossed over the start line timing mats, a grace period of 15 minutes will be given before the timing mats are removed. Once removed NO LATE STARTERS will be permitted to proceed. Should a participant fail to heed this warning and proceed to join the main race on route, that participant will be disqualified at the finish.

**PLEASE NOTE: Wheelchair participants (including elite wheelchair participants) will start the race 30 minutes ahead of the main race at 05h00 from within the elite participant start batch, immediately behind the official start line.**

## **RACE APPAREL AND ADVERTISING**

All participants must comply with ASA Rules 3 and 24, which govern advertising and displays during competition.

**South African participants** are strongly encouraged to wear their official club colours, as registered with their provincial federation. If you choose not to wear your official club kit, kindly ensure that your race apparel is free of corporate (non-club) branding. Should your race apparel bear the branding of a technical (shoe/apparel) sponsor, the maximum height of the logo shall be 4cm; and the maximum height of any lettering shall be 4cm (with a maximum size of 40cm<sup>2</sup>).

**International athletes:** Should your race apparel bear the branding of a technical (shoe/apparel) sponsor, the maximum height of the logo shall be 4cm; and the maximum height of any lettering shall be 4cm (with a maximum size of 40cm<sup>2</sup>).

Non-elite participants may take part in the race wearing apparel bearing the CMA logo.

**Non-adaptive participants are prohibited from using/wearing headphones, earphones, or any form of audio-bone conduction device for the entire duration of the race.**

No participant may compete wearing apparel that is transparent, revealing or explicit. **Under no circumstances may a participant display a political slogan in any manner or form.** These provisions will apply for the entire duration of the race.

## **PARTICIPANT ELIGIBILITY**

**South African Participant Eligibility:** Except for participants on the ASA National List, participants may only register with a club in the province of their domicile as defined in the ASA Constitution, Rules and Regulations.

**Team Prizes:** All team prizes will be calculated on the combined times of the first four South African participants belonging to the same club (which must be registered in the same province) in each category. The domicile rule will apply (excluding national athletes). All participants competing for a team prize must run wearing his/her official club colours as registered with the relevant provincial federation in order to qualify. Participants wearing non-club colours will not be included in the team prize calculations.

## THE COURSE

**The Route:** The official race route for the 2024 Comrades Marathon is as indicated on the Route Map available on the Comrades Marathon website, the Comrades Marathon App and published in the Souvenir Magazine. The race route is closed to all unaccredited vehicles and no driving or parking on the route is permitted. Furthermore, certain access roads will be closed to the public, as they serve as escape routes for emergency vehicles.

**Race Distance:** The official race distance is 85,914km.

**Course Marking:** The race route is typically marked by barriers, traffic cones, delineators and/or other markings. It is the responsibility of each participant to recognise, understand and act in accordance with all race-related signage and symbols.

**Refreshment Stations:** There will be 48 well-stocked refreshment stations situated along the course. The products available at all stations will be water sachets, Isofit+ energy drinks and Coca-Cola carbonated beverages. Some refreshment stations will also stock a range of potatoes, orange segments and bananas.

**[NOTE: This year the Comrades Marathon has introduced the use of 9 elite participant water stations from which elite seeded participants may collect their own pre-mixed bottles and race nutrition. This service will only be available to elite seeded participants. Any participant who removes a bottle or race nutrition belonging to an elite seeded participant from an elite participant water station without authorisation/permission will be disqualified and may be barred from entering the race in future.]**

**Litter / Waste Management:** Litter / waste bins will be provided at all refreshment stations. All participants are strongly encouraged to make use of the bins for the purpose of disposing of all plastic and other waste. **DO NOT throw plastic bottles, water sachets, food wrappers and the like into drains, ditches, trees and/or private gardens along the course. Any participant seen intentionally littering on the course (defined as disposing of waste in any place other than a litter / waste bin, where litter / waste bins are provided) may be disqualified and barred from entering the race in future.**

**Marshals and Race Officials:** Marshals and race technical officials will be positioned at the start, along the race route and at the finish. They will be in place to guide and assist participants, and to ensure they have a safe and hassle-free race. All participants must follow and adhere to the instructions of marshals and race technical officials. Kindly note that any failure to adhere to the instructions of a race referee or race technical official may result in a participant being disqualified and their future entry to the Comrades Marathon rejected in 2025.

**Ambush Marketing:** Spectators are warned against any and all forms of ambush marketing. Only official CMA sponsors are permitted to set up any form of corporate (i.e. non-club) branding along the route. **Clubs affiliated with ASA are permitted to set up a maximum of 3 support stations for their athletes along the course. Unless the prior written consent of the CMA has been obtained, Club tents may be no bigger than 6m x 3m in size. Any person or club who fails to comply with these guidelines will be asked to remove their tents and branding from the route.**

**Medical Facilities / Physiotherapy Assistance:** There are 8 dedicated Netcare 911 medical and physiotherapy stations situated along the course (as shown on the route map contained in the Souvenir Magazine). There will also be a Netcare 911 medical and physiotherapy tent at the finish.

**Netcare 911:** A team of ambulances with medical personnel will be circulating along the route. Should you require urgent medical assistance, please attract the attention of a marshal or race technical official who will be able to call emergency medical staff to your aid.

**Toilets:** Unisex and Ladies-only portable toilets have been placed at regular intervals along the course for your convenience. Please use them. Security guards have been employed to ensure that only ladies (measured biologically) make use of the ladies-only portable toilets. Any participant who fails to adhere to the ladies-only policy may be barred from entering the race in future.

**Sanitary Items:** Ladies will be able to collect sanitary items from the 8 physiotherapy stations located alongside the Netcare 911 medical stations situated along the course.

**Unsportsmanlike Behaviour:** Any participant who conducts themselves in an unsportsmanlike manner before, during or after the race, including at registration and prize-giving, may be disqualified and their future entry to the Comrades Marathon rejected in 2025.

**Race Photographer:** MarathonPhotosLive is the official race photographer of the 2024 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](mailto:enquiries@marathon-photos.com) - <https://marathonphotos.live>. Kindly note that by participating in the event you consent to the CMA's free and unencumbered use of any and all photographs in which you may appear as a participant.

**Runners Rescue Buses:** Any participant who wishes to retire and/or withdraw from the race due to illness or injury, will be able to make use of the Runners Rescue Bus service available to transport participants to the finish. For each participant's convenience, these vehicles will be continuously circulating along the course.

**[NOTE: When boarding any of the rescue buses a participant's Race Number will be recorded and de-faced. Once he/she has boarded a rescue bus, a participant may NOT re-join the race. Any participant 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 RACE].**

Seconding and Physical Assistance: The stand-and-hand seconding rule, in terms of which a participant's second/supporter may stand (in a stationary position) at designated points along the course and hand refreshments to their runner, will be strictly enforced. **No seconds/supporters may drive, cycle or run alongside any participant on the course.** The course will remain closed to all non-accredited vehicles for the entire duration of the race.

**Any participant being found carried along the course and/or before the finish line will be liable for disqualification. (WA Rule TR6)**

### **TIME LIMITS AND CUT-OFFS**

Participants will be required to cross a series of cut-off points within a certain time in order to finish the race. In circumstances in which a participant does not reach and pass through a cut-off point within the required time, that participant will be required to retire from the race. Rescue buses will be available to transport any participant who does not reach and pass through a cut-off point before the stipulated time. Any participant who fails to obey an instruction by a race referee and/or race official to retire from the race at the time of cut-off will be disqualified and may be barred from future entry to the race.

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 course.

The cut-off points, distances and times will be as follows:

<b>CUT - OFF</b>	<b>DISTANCE</b>	<b>CLOCK TIME</b>	<b>APPROXIMATE TIME OF DAY</b>
Winston Park (Caltex Garage)	29,56km	4:45:00	10h15
Drummond (Halfway)	43,08km	06:20:00	11h50
Cato Ridge - (N3 subway)	57,05km	08:10:00	13h40
Umlaas Road	67,71km	09:40:00	15h10
Mkondeni - (Top of Polly Shortts)	79,07km	11:10:00	16h40
Finish	85,91km	12:00:00	17h30

Please note that the final cut-off at the finish line in Pietermaritzburg is 12h00:00 into the race (approximately 17h30). If a participant has not reached and crossed the finish line at the Scottsville Racecourse by this time that participant will be asked to retire from the race and leave the course immediately. Failure to do so and/or comply with this instruction as given by a marshal or race official, will lead to disqualification.

### **CHEATING**

THE CMA WILL NOT TOLERATE CHEATING IN ANY FORM and after following due process together with the Chief Referee, reserves the right to declare a participant's 2024 race result null and void and not accept the participants entry to the race in 2025 and 2026.

Examples of cheating include (but is not limited to): (a) running in a Race Number allocated to another participant; (b) starting the race from within a seeding batch other than the one to which the participant has been allocated; (c) failing to complete the entire route of the race on foot (which includes any failure to cross all official timing checkpoints, also known as course cutting); (d) running the race as a relay; and (e) benefitting physical assistance during the race.

Should any athlete become aware of conduct widely considered to be cheating, the athlete should address his/her concerns to the Race & Operations Manager - Email: ann@comrades.com.

Protests and Appeals: All protests and appeals related to a participant's conduct on race day and/or race results must be lodged with the Chief Referee. Where a complainant is dissatisfied with any subsequent decision made by the Chief Referee, an appeal must be submitted in writing as soon as possible to the Jury of Appeal no later than 30 minutes after the announcement of the decision 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 CMA Information Centre (the details of which are provided below)

### **THE FINISH**

Venue: The finish of the 2024 Comrades Marathon will be at the Scottsville Racecourse in Pietermaritzburg.

Finish Line Access: No spectators, children or animals are allowed on the course, which includes the finish straight when completing the race. Failure to adhere to this rule may result in disqualification.

Physical Assistance: Any participant who is unable to move forward under their own power, (i.e. is being carried by another participant(s)) will be prevented from continuing toward and across the finish line, and medical attention will be called for. Failure to adhere to this rule may result in disqualification.

**Security:** 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 it is an individual's responsibility to take care of their personal items. Please be aware of pickpockets. Do not leave valuables in your vehicle unattended.

**Finish Time:** Race finish times will be recorded on the finish line by the FinishTime timing system. Once participants have crossed the finish line, they will be guided into the finish area where they will be awarded a medal and badge.

**Medals:** Participants will be awarded a medal in accordance with their position and/or finishing time.

MEDALS	
<b>Gold</b>	First 10 Men and Women
<b>Wally Hayward (Men)</b>	Position 11 to 05h59:59
<b>Isavel-Roche Kelly (Women)</b>	Position 11 to 06h59:59
<b>Silver (Men)</b>	06h00:00 to 07h29:59
<b>Silver (Women)</b>	07h00:00 to 07h29:59
<b>Bill Rowan</b>	07h30:00 to 08h59:59
<b>Robert Mtshali</b>	09h00:00 to 09h59:59
<b>Bronze</b>	10h00:00 to 10h59:59
<b>Vic Clapham</b>	11h00:00 to 11h59:59

**Back-to-Back Medals:** Back-to-Back Medals will only be awarded for where a novice participant in (and official finisher of) the 2023 Comrades Marathon successfully completes their second Comrades Marathon in 2024.

**Green Numbers:** Participants earning their GREEN, DOUBLE, TRIPLE, QUADRUPLE and QUINTUPLE GREEN NUMBERS will be presented with their green numbers once they have crossed the finish line. Marshals will be in attendance at the finish line to guide you to the Green Number Tent located just beyond the finish chutes.

**Meeting Place at The Finish:** Participants are strongly encouraged to agree, prior to the start, on a place at the finish where they will meet their family and supporters. Participants are further encouraged to make use of the public spaces and club tent area located adjacent to the finish straight for this purpose rather than meeting their loved ones immediately behind the finish area exit.

**Lost and Found:** An area servicing Lost and Found will be situated at the main CMA Information Centre. Please ensure that your children know your name and club for which you are running. This will make it much easier for the CMA personnel to locate parents and friends.

**Parking:** A map reflecting parking areas available at the finish is included in the Souvenir Magazine. Alternatively, please visit the Comrades App or the Comrades website [www.comrades.com](http://www.comrades.com) for further information.

**Race Referee and Officials:** Should an athlete require a Race Referee or Technical Official, this assistance may be sought from the CMA Information Centres.

**Information Centres:** The main CMA Information Centre within the finish venue is situated behind the public grandstand, adjacent to the Winners Circle area. A second Information Centre is situated within the public infield area behind the public grandstand and adjacent to the beer garden. The Information Centres will be staffed by CMA personnel. Participants and/or their supporters are urged to make use of these facilities, which will have information such as tent site maps, emergency contacts as well as runners' timing and medical information.

**Finishers' Jackets:** Participants who have pre-purchased the official Comrades 2024 Finishers Jackets may collect their jacket from the Finishers' Jacket tent located adjacent to the main Information Centre (described above). These jackets will only be available to participants who have successfully completed the full race within the 12h00 cut-off.

**Participants' Medical Information:** All information concerning participants in the 2024 Comrades Marathon will be relayed through to the CMA Information Centre located at the finish.

**Public First Aid:** Netcare 911 will be available at the finish to provide first aid to members of the public.



## **PARTICIPANTS SHOULD INFORM THEIR SUPPORTERS OF THE FOLLOWING:**

1. Supporters searching for an athlete at the finish line must go to the CMA Information Centres to ascertain a participant's status.
2. If a participant is in the medical tent or the St John's first aid tent, their supporters will be advised of the participant's anticipated discharge time.

Please note that, the finish medical facility is only accessible to participants. Should a participant require transport to hospital, hospital treatment, or to be admitted to hospital, and they are a member of a medical aid, the athlete will be charged accordingly.

Netcare 911 will provide Emergency Medical transport from the course and the finish area to the respective hospitals.

If a participant does not have medical aid, the participant will be treated for a maximum period of 24 hours free of charge. **Note: this ONLY applies to participants transported to hospital by ambulance direct from the course or those referred to hospital from the finish medical facility. It does not apply to participants who make their own way to a hospital. If a participant leaves the course and uses his/her own transport to get to the finish, or to go home, or leaves the finish venue after the race and goes to a hospital (or their own doctor), the participant will not be eligible for the sponsored free treatment, as described above.**

If a participant has a serious medical problem that will require more than 24 hours of hospital care and does not have Medical Aid, that participant may be transferred to a Provincial hospital, at the discretion of the relevant hospital management.

The Netcare Group will sponsor a participant's treatment on race day. Participants who require hospitalisation 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 082 911.**

## **RACE DAY PRIZE GIVING**

Prizegiving for the Top 3 Men and Top 3 Women will be held on the stage adjacent to the finish straight and in front of the main public grandstand at approximately 14h35 on race day.

## **VICTORY CEREMONY (CHAMPIONS BREAKFAST PRIZEGIVING)**

Attendance at the Victory Ceremony / Champions Breakfast hosted at the Elangeni Southern Sun Hotel at 08h00 on Monday, 11 June 2024 is by invitation only and does not extend to a participant's supporters, friends or family, unless specifically invited by telephone or sms by a CMA representative after the race. South African participants invited to the Victory Ceremony must attend wearing full club colours. No caps/headgear may be worn

## **AGE CATEGORIES**

A participant will not be eligible for a prize in more than one age category, i.e., a participant 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. **NOTE: 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.** A participant, 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 6 May 2024, you will be entered into the age category of your chronological age. A participant must provide positive identification to verify proof of age. These rules apply to both individual and team categories.

**The CMA Board, Staff, Sponsors, Suppliers, Partners, and Members of the Race Organizing Committee, wish you an enjoyable and successful running of the 97<sup>th</sup> Comrades Marathon. May the indomitable 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. There is #NoDoubt that this year's race will be a resounding success for us all #Nakanjani.**