



MORE THAN A RACE

- ISIKO MPILO 2025 -

DOWN RUN

FINAL RACE INSTRUCTIONS

2025

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 Website and App.

The **2025 Comrades Marathon** is run in accordance with the **Rules and Regulations of World Athletics (WA), Athletics South Africa (ASA), KwaZulu Natal Athletics and the Comrades Marathon Association (CMA)**. All athletes must comply with all applicable Rules and Regulations, including those set out within the Final Race Instructions and the Elite Athlete Guide.

PARTICIPANT ENTRY, 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 duration of your participation in the event. Failure to adhere to this rule may result in your disqualification.

The race number contains a 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.

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.

Group Identification:

Group 1

Identified by a Purple block with the number 1 printed in it.

Group 2

Identified by an Orange block with the number 2 printed in it.

Seeding Information: You **MUST** enter and start the race from within the Start Group and 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. If you start the race within a start batch ahead of what you have been allocated you may be disqualified.

N.B: Should you wish to start the race from within a slower Start Group or seeding batch than the one to which you have been allocated, please visit the CMA Information Centre at registration. A R200 reprint fee will be charged to amend your race bib.

THE START

Bus Transportation: 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 in Durban or at Comrades Marathon House in Pietermaritzburg during the registration period.

The cost of a one-way ticket is R160. The cost of a return ticket is R300.

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 to the Finish. Participants may deliver their tog bags to the Biddulphs Removals vehicles at the Start immediately prior to the commencement of the event. The tog bag drop-off points are indicated on the start layout map published in the digital Souvenir Magazine. **Please arrive early to avoid congestion at the tog bag collection facility.**

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 digital Souvenir Magazine.

[NOTE: Participants are encouraged to hand in 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.]

Seeding batch: 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 race number.

Participants are responsible for arriving at the entry points to their assigned start batches before the batch closing times (i.e. before 05h30) irrespective of your Start Group. Any participant who improperly enters a start batch other than the one assigned to them which will be monitored by the electronic timing system 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. Any participant who arrives at the start after the batch access points have closed, will need to line up behind the last start batch of their Start Group and may not climb over the fence and/or barricades to access their designated seeding batch. The referees at the start will penalize any participant who contravenes any of the above rules.

Toilets and Urinals at the Start: A total of 260 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. Female only toilets will be available at the start and will be monitored by security.

Race Start: The 2025 Comrades Marathon will have two starts, 05h45 for Group 1 and 06h00 for Group 2, outside the Pietermaritzburg City Hall and will be run “gun-to-gun” until the final race cut-off for Group 1 at 17h45 and Group 2 at 18h00 at People’s Park in Durban.

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: All participants who arrive late to the start will be required to start at the back of the last batch in Group 2. As soon as the back markers/last participants have crossed over the start line timing mats, a grace period of 15 minutes after the Group 2 start 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 may be disqualified at the finish.

PLEASE NOTE: Wheelchair participants (including elite wheelchair participants) will start the race 45 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.

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.

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 2025 Comrades Marathon is as indicated on the Route Map available on the Comrades Marathon website, the Comrades Marathon App and published in the digital 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 89,98km.

Course Marking: The event 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 47 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, bananas, 32Gi nutritional supplements and Orange Grove Amahewu.

NOTE: There will be 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 may be penalized 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. **Any participant seen intentionally littering on the course may be disqualified and barred from entering the race in future.**

Marshals and Race Officials: Marshals and race 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 officials. Kindly note that any failure to adhere to the instructions of a race referee or race official may result in a participant being disqualified and their future entry to the Comrades Marathon rejected.

Ambush Marketing: Spectators are warned against any and all forms of ambush marketing. Only official CMA sponsors and official CMA refreshment stations 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 3m 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 digital 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 official who will be able to call emergency medical staff to your aid. The official emergency contact number is 082 911.

Toilets: Unisex and female-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 females make use of the females-only portable toilets. Any participant who fails to adhere to the female-only policy may be barred from entering the race in future.

Sanitary Items: Female participants 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.

Race Photographer: MarathonPhotosLive is the official race photographer of the 2025 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 - <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, withdraw and/or has been cut off, 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. 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 may be disqualified and their future entry to the Comrades Marathon rejected.

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 or within 100m of a refreshment station.** The course will remain closed to all non-accredited vehicles for the 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, race official and/or medical personnel to retire from the race at the time of cut-off may be disqualified and may be barred from future entry to the race.

The cut-off points will be clearly signposted and do not necessarily relate to the location of any timing mats or other markers along the course.

N.B: Although there will be two starts on race morning, at 5:45am and 6am, there will only be one set of cut-off times that come into effect after the second start at 6am.

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

CUT - OFF	DISTANCE	CLOCK TIME	APPROXIMATE TIME OF DAY
Cato Ridge	30,5km	05:10	11:10
Drummond (Halfway)	45km	06:40	12:40
Winston Park	58,3km	08:30	14:30
Pinetown	69,1km	10:05	16:05
Sherwood (45 th Cutting)	81,5km	11:30	17:30

Please note that the final cut-off at the finish line in Durban is 12h00:00 into the race (approximately 17h45 for Group 1 and 18h00 for Group 2). If a participant has not reached and crossed the finish line outside People's Park 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 2025 race result null and void and not accept the participants entry into the race in future.

Examples of cheating include (but is not limited to):

- running in a Race Number allocated to another participant;
- starting the race from within a seeding batch other than the one to which the participant has been allocated;
- 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);
- running the race as a relay; and
- benefitting physical assistance during the race.

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 no later than 30 minutes after the announcement of the official results. An appeal must be submitted in writing 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.

THE FINISH

Finish Venue: The finish of the 2025 Comrades Marathon will be a street finish outside Durban's People's Park.

Finish Straight 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 official event electronic 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.

Park & Ride: A free shuttle facility will be provided to all participants and spectators at the finish which will transport them from the finish area to the various parking spots in Durban. Shuttles will be rotating and available on Masabalala Yengwa avenue at the robots between Battery Beach and Isaiah Ntshangase Road.

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

MEDALS	
Gold	First 10 Men and Women
Wally Hayward (Men)	Position 11 to 05h59:59
Isavel-Roche Kelly (Women)	Position 11 to 06h59:59
Silver (Men)	06h00:00 to 07h29:59
Silver (Women)	07h00:00 to 07h29:59
Bill Rowan	07h30:00 to 08h59:59
Robert Mtshali	09h00:00 to 09h59:59
Bronze	10h00:00 to 10h59:59
Vic Clapham	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 2024 Comrades Marathon successfully completes their second Comrades Marathon in 2025.

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 digital Souvenir Magazine. Alternatively,

please visit the Comrades App or the Comrades website www.comrades.com for further information.

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

Information Centres: The main CMA Information Centre within the finish venue is situated inside People's Park. A second Information Centre is situated outside the Moses Mabhida Stadium on Masabalala Yengwa Avenue. 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.

Participants' Medical Information: All information concerning participants in the 2025 Comrades Marathon will be relayed through to the CMA Information Centres 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 or Netcare Umhlanga 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 inside People's Park at approximately 14h35 on race day. South African participants attending the Prize Giving Ceremony must attend wearing full club colours. No caps/headgear may be worn.

**VICTORY CEREMONY
(CHAMPIONS BREAKFAST PRIZEGIVING)**

Attendance at the Victory Ceremony / Champions Breakfast hosted at the Southern Sun Elangeni Hotel at 08h00 on Monday, 9 June 2025 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 5 May 2025, 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 98th 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. The Comrades Marathon is #MoreThanARace and will be a resounding success for us all #IsikoMpilo.