

RUNNERS RULES & REGULATIONS

1. ENTRIES

- 1.1 **Online:** www.voetvanafrika.co.za Closing date 15 September 2023 midnight.
- 1.2 If you run your 10th half or marathon you qualify for a permanent number, please indicate it on your entry form.

2. CONFIRMATION OF ENTRY

- 2.1 Entrants will receive an email, if you provide an address.
- 2.2 Prior to number collection days you will receive a sms indicating your race number and collection date and time.
- 2.3 Please bring proof of entry, email confirmation or sms confirmation to registration.

3. NUMBER COLLECTION

- 3.1 Number collection will take place **at the store** you selected on the entry form on Thursday 21 September 2023 from 12:00 until 17:00.
- 3.2 Number collection will also take place on Friday 22 September 2023 at Bredasdorp High School sport grounds from 14:00 until 21:00 and Saturday 23 September 2023 from 04:00.

4. ROUTE

- 4.1 Refreshment tables will be placed at regular intervals along the routes and will supply water and coke.
- 4.2 Distance markers indicate the kilometres to be completed.

5. FINISH

- 5.1 All races will finish at Bredasdorp High School sport grounds.
- 5.2 Parking with security is available at Bredasdorp High School, but vehicles are parked at own risk

6. PRIZE GIVING

- 6.1 You must be present at the prize giving ceremony to receive your prize. No prizes will be forwarded by e-mail or bank deposits. The recipient must make arrangements with the organizer if he/she will not be available to receive his/her prize.
- 6.2 42.2km, 21.1km, 10km and Trail run prize giving start 15 minutes after final cut off times.
- 6.3 Only club members qualify for Team Prizes in 42.2km and 21.1km.

7. RESULTS

- 7.1 All results will be available on www.peaktiming.co.za

8. RACE RULES

- 8.1 Races will be run on 23 September 2023 under the auspices of Bredasdorp Athletics Club and according to the rules of ASA and Boland Athletics.
- 8.2 Competitors 42.2km, 21.1km, 10km must run in club colours with a 2023 licence number or a temporary number displayed on their vest. Trail runners must run with a 2023 licence number or a temporary number displayed on their vest. The official event race number must be worn on the front and your club or temporary licence number at the back of your vest.
Age category tags must be worn on the runner's front and back in a visible position to qualify for age category prizes.
- 8.3 Athletes may qualify for the age category and/or the open category in the 21.1km and 42.2km events.
- 8.4 Category groups: 10km: Junior from 14 to 19 years and Senior 20 years and older.
42.2km and 21.1km: Open, Master 40+, Master 50+, Master 60+ and Master 70+
- 8.5 All competitors must abide by the rules and regulations or instructions given by officials. Non-compliance may lead to disqualification.
- 8.6 Seconding will not be allowed.
- 8.7 The entry fee is non-refundable. If the event is cancelled for reasons beyond our control entry fees will be donated to the charity for 2023.

9. TOG BAGS

- 9.1 There will be a collecting point at the start of the 42.2km, 21.1km and transported to the finish for collecting at the tog bag facility.
- 9.2 Tog bag facilities for the 10km race are at the finish.
- 9.3 Tog bag facilities are used at your own risk.

10. SPECIAL INFO 42.2KM

- 10.1 Start 06:00 on the Elim Road. (±8.5km from Bredasdorp)
- 10.2 Transport to the start will depart from Bredasdorp High School sport ground at 04:45.
- 10.3 **King of the Mountain:** first man at the water table next to the FM tower on top of the mountain and to complete the race.
- 10.4 **Last Runner Home:** last runner to reach the finish before the cut-off at 12:00.
- 10.5 Participants must be 20 years and older.
- 10.6 First cut-off at 07:15 at the Half Marathon start, ±10km from the start of the Marathon.
- 10.7 Second cut-off in Napier at the “Bo-dorp Huisie” (16.5km to go) at 10:30
- 10.8 Final cut-off at 12:00 at finish. **Time Limit of 6 hours.**
- 10.9 Race officials will enforce the cut-off times.
- 10.10 Failure to obey the officials can result in disqualification and banning from future entry to the Voet van Afrika.
- 10.11 Refreshment stations every 3km.
- 10.12 No late entries will be taken.
- 10.13 All athletes make use of the transport provided, there will be **NO PARKING** at the start.

11. SPECIAL INFO 21.1KM

- 11.1 Start 07:30 at Grashoek.
- 11.2 Transport to the start will depart from Bredasdorp High School sport ground at 05:45
- 11.3 Final cut-off 12:00 at finish. **Time limit of 4½ hours.**
- 11.4 **Queen of the Mountain:** first lady at the Rola Ford water table at the 12.8km to go mark and to complete the race.
- 11.5 Participants must be 16 years and older.
- 11.6 Walkers are welcome.
- 11.7 Refreshment stations every 3km.
- 11.8 No late entries will be taken.
- 11.9 All athletes make use of the transport provided, there will be **NO PARKING** at the start

12. SPECIAL INFO 10KM

- 12.1 Start 08:00 at Bredasdorp High School sport ground.
- 12.2 Final cut-off 10:00 at finish. **Time limit of 2 hours**
- 12.3 Participants must be 14 years and older. Juniors (14-19 years) to wear a “J” category tag on the front and back in a visible position to qualify for age category prizes.
- 12.4 Juniors are those who are under the age of 20 on 31 Dec in the year of the competition.
- 12.5 Walkers and pram friendly.
- 12.6 All participants qualify for prizes (Temp and Club athletes). There is no “open” category. Participants who are 19 years and younger qualify for the “junior prizes only, those 20 years and older qualify for “senior” prizes only. No team prizes available in this race.
- 12.7 Refreshment stations every 3km.
- 12.8 No late entries will be taken.

13. 27KM TRAIL RUN

- 13.1 Start at Bredasdorp High School sport ground at 7:00.
- 13.2 Final cut-off 12:00 at finish. **Time Limit of 5 hours**
- 13.3 Participants must be 20 years and older
- 13.4 No refreshment stations, every athlete must provide their own refreshments.
- 13.5 No late entries will be taken.

13.6 Compulsory kit list for Trail Run:

Whistle

Charged mobile phone with the following number of the race director pre-loaded: 082 896 9482

Space blanket

Emergency food (300 calories / energy bar)

Water

Waterproof jacket

Compulsory check list at registration on Friday 22 September 2023.

14. 12KM TRAIL RUN

14.1 Start at Bredasdorp High School sport ground at 8:00.

14.2 Final cut-off 12:00 at finish. **Time Limit of 4 hours**

14.3 Participants must be 20 years and older

14.4 No refreshment stations, every athlete must provide their own refreshments.

14.5 No late entries will be taken.

14.6 Compulsory kit list for Trail Run:

Whistle

Charged mobile phone with the following number of the race director pre-loaded: 082 896 9482

Space blanket

Emergency food (300 calories / energy bar)

Water

Waterproof jacket

Compulsory check list at registration on Friday 22 September 2023.

15. 3,5KM FUN RUN/WALK (TOONTJIE)

15.1 The race will take place on Friday 22 September 2023 at 18:00.

15.2 Entries will be taken online or from 15:00 until 17:45 on race day.

15.3 Entry fee R30 for children under 19 years and R60 for adults.

15.4 Entries, start and finish at Bredasdorp High School sport ground.

15.5 Medals to the first 700 finishers.

15.6 Final cut-off 19:00 at finish. **Time limit of 1 hour.**