

TROJAN OM DIE DAM ULTRA / 50km – RULES

Saturday 16 March

Hartbeespoort Highschool

GUN to MAT

Start time 06h00

50km Online entries only

Capped at 4,000 entries.

Entries close on the 25th of February 2024

GENERAL INFORMATION

Entry fee:

R490 – Entry only – NO T-SHIRT

R650 – Entry including T-shirt per athlete.

R250 – T-shirt Only

R490 – Older than 60 years - includes race T-shirt.

Free - Those who have competed 25 races or more – please contact race office.

Start Times and Cut-Offs: 06:00

CUT-OFF Times:

Cut-off times WILL BE strictly enforced and if ANY PERSON don't adhere to these times, they will not be allowed to finish the race and will be banned to EVER run this race again. The Cut-off times are there for all runner's safety and the entire race can be jeopardized if these cut-off times are not adhered to.

1st Cut-Off/15km

- 2 Hours
- 08h00

Halfway/25km

- 3 Hours 30 minutes
- 09h30

Marathon/42.2km

- 6 Hours
- 12h00

Finish line/50km

- 7 Hours
- 13h00

If you can't run within these times, please do not enter the race.

Any person that are in danger of jeopardising the race can be removed immediately by either the marshals or referees.

Online entries only:

At www.entryninja.com through the secure electronic payment system on the registration platform using your credit or debit card. There will be limited late entries at registration.

Race capped: 4,000 entrants for the 50km, and entries will close once this number is reached.

Medals:

All participants finishing within the cut-off time for the race – CUT-OFF TIME AT 7hours (13h00)

1. Gold to first 3 men and women athletes as well as age category winners.
2. Silver Medals to each athlete completing the race under 3 hours 45 minutes or to the first 100 athletes whichever comes first.
3. NO Medals will be posted and NO Medals after CUT-OFF.

Race Numbers:

4. All runners must wear the official race number on the front of their vest and a valid ASA license number on the back of their vest as per ASA rules.
5. Race numbers cannot be exchanged other than through the official substitution process.
6. Neglecting to adhere to these rules will lead to disqualification.
7. No race numbers are to be pinned on running shorts.

T-Shirts:

Only entrants who have selected the R650 option and have paid will receive a **SUBLIMATED SHORT SLEEVE T-Shirt**

The following t-shirt sizes will be available (All t-shirts are unisex)

X-SMALL	SMALL	MEDIUM	LARGE	X LARGE	XX LARGE	XXX LARGE
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Every endeavour is made to cater for sizes; however, these cannot be guaranteed.



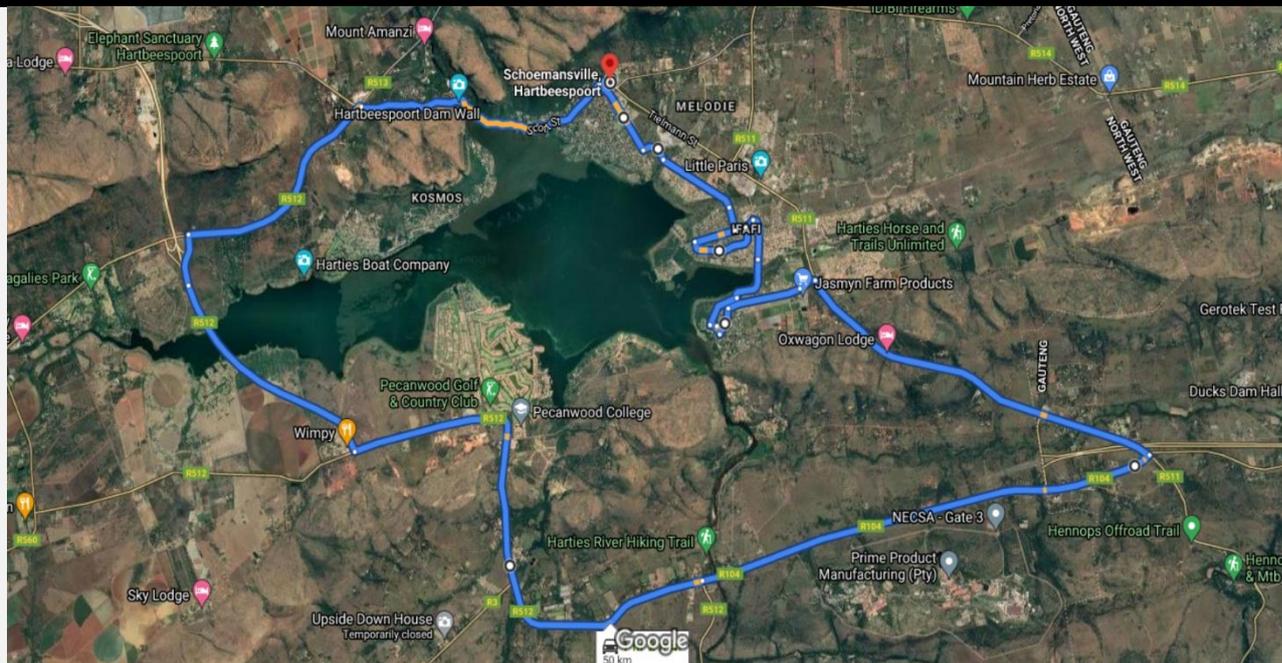
T-shirt entries close on the 25th February 2023

TROJAN Cap:

There will be a free **LIMITED ADDITION** TROJAN OM DIE DAM cap for the first 100 entrants available. Thereafter to purchase at R75 each.

Both your 42.2km and 50km official times can be used as an official Comrades qualifier

50km route:



POTENTIAL RACE WINNERS – 50k only

All athletes will be asked to submit their best / fastest time over a 42.2km distance during the last 12 months when entering the race.

Based on each athlete submitted time, a special seeding will be given to potential winners of the race. Note, this is entirely at the discretion of the race organizers.

Timing is **GUN TO MAT**. The athlete who runs and go over the finish line first is the winner.

This applies to all categories.

Prizes will be given to both Men and Women athletes.

Late Runners: The start of the 50km will be closed 15 minutes after the official start time and any runner later than this is not allowed to start the race.

The following price money will be available for category prizes and the prizes will be transferred electronically to the winner by way of an EFT after the race. No exceptions, and no CASH payments.

Please allow approximately one month after the race for price money to be paid because of **Doping regulations**. Please have bank details available.

NO WALKERS CATERGORY

Open	40-49	50-59	60-69	70+
1st R25,000	1st R2,500	1st R2,500	1st R2,500	1st R2,500
2nd R10,000	2nd R1,500	2nd R1,500	2nd R1,500	2nd R1,500
3rd R5,000	3rd R750	3rd R750	3rd R750	3rd R750

NOTE:

Please bring your race entry message, that will be send to your phone before collection, or ID Document when collecting your race pack.

If you are collecting a race pack on behalf of someone else, you should have a copy of his/her ID document available at collection.

All Uncollected packs will be sent to the next collection point.
If not collected before or on Friday 15th March, your race entry will be forfeited.
NO COLLECTION ON RACE DAY IS POSSIBLE

SUBSTITUTIONS

Substitution

- Substitutions will be open until the 25th February 2024.
- The substitution fee will be R50.
- To do a substitution, the athlete that want to substitute his race entry, as well as the athlete requiring an entry will need to go on the entry platform and select the substitution option. Please follow the instructions and pay the R50.
- The original entry fee of R650 wont form part of the substitution process, and this transaction will be between the athlete that want to substitute his race entry and the athlete requiring the entry. No exception to this.
- There will be NO FURTHER SUBSTITUTION POSSIBLE after 25th February 2024.

Running in another person's number

- It is against the rules to run in another person's number.
- IF the event does provide a substitution process, then this will be the only method whereby an entry can be transferred.
- Contravention of this rule will lead to no result, disqualification and possible further sanctions by event, club and province.
- This may include a 2-year ban from Om Die Dam.

VENUE & DIRECTIONS

➤ **Venue** ADDRESS: Hartbeespoort High School

Coordinates -25.7216928, 27.8781848

➤ **Map:** See below.



TOG BAG FACILITY

Runners can make use of the Tog Bag Area that will be available at the start.

Runners must ensure that their bags are labelled with their names on the label provided at the tog bag area.

Every care will be taken to ensure that the bags are safeguarded. However, runners are advised not to leave expensive or valuable items in their bags, as the organisers cannot accept responsibility for any losses.

RACE RULES

- The race is run under Athletics South Africa (ASA) and Athletics North-West North (ANWN). By entering the race each athlete accepts the responsibility to know and abide by these rules and the rules of the race.
- ALL Races are timed by FINISH TIME. Each athlete will be given a race number with disposable CHIP at the back of your race number. - NO RACE NUMBER - NO PRIZES.
- Athletes indemnify national, regional, provincial bodies, sponsors and organisers against any action due to participation in the race.
- Runners participate at their own risk.
- All athletes must wear the race numbers provided on the front of their vests.
- All athletes must be registered to a club affiliated to ASA must and all athletes must:
 - a. wear their club colours; and
 - b. wear 2024 ASA license number on their vest with the top branded section visible both front and back.
- Therefore, for any unlicensed athletes, there will be no temporary license available, and you will not be able to participate in the race.
- Numerical age categories ID tags must be visible on back and front of runner's shirt for potential category prizes.
- Foreign/International athletes not belonging to a club affiliated to ASA will be given a temporary license and wear the temporary license on the back of their vests.
- International athletes must provide a clearance letter from their country of origin in the event of them winning a prize.
- Foreign athletes are not allowed to run in club colours unless such club exists in their country of origin or they are in possession of a refugee status permit or are naturalised citizens of RSA.
- In order to win an age award proof of age must be produced on the day.
- Minimum age for participants in the event:
 - a. 50km - no younger than 20 on the day of the race
- Athletes competing in their 10th Om Die Dam race will be given a special race number. If this athlete finishes the race within the cut-of time, he will be handed an ODD BLUE NUMBER at the finish.
- Athletes competing in their 20th , and 30th Om Die Dam, will also be treated as above.
- Water / hydration stations will be available approximately every 3 kilometers on the route.
- Club trailers and gazebo's will be allowed at dedicated marked-off areas outside of the race venue, unless there are amendments to the Covid regulations.
- No bicycles are allowed along the route.
- Online entries only – no exceptions
- No littering on the route. There will be dedicated littering boxes and marked areas after each water station. If a referee sees an athlete littering on the route, that referee may disqualify the athlete.
- No Ipods or listening devices.
- Athletes may not participate with pets.
- All traffic officers and officials' instructions must be obeyed.
- The race organizer retains the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
- Late Runners: The start of the 50km will be closed 15 minutes after the official start time and any runner later than this is not allowed to start the race.
- Any runner who starts the race distance later than 15 minutes and does not follow this rule will be disqualified and not provided with a time or any race handout.

- ALL prizes are based on GUN TO MAT times therefore all route cut-off and finish cut-offs will be based on Gun to Mat times.
- 50km Cut-off times: Runners who have not reached the following marks in the times specified will not be allowed to continue:

1 st CO/15km:	2 hours, 6 minutes (08h00)
Halfway/25km	3 hours 30 minutes (09h30)
Marathon/42,2km	6 hours (12h00)
Finish line /50km	7 hours (13h00)

If you do not reach the cut-off points within the required time, you will be asked to retire from the Race and leave the road. YOU MAY NOT CONTINUE RUNNING.

- Transport will be provided at all the cut-off points to take the runners back to the Finish.
- Athletes who fail to obey the race officials will be subject to disciplinary action and may be banned from participation in the Om die Dam Ultra Marathon in future.

➤ **Collecting your race pack**

Please bring your race entry message, that will be send to your phone before collection, or ID Document when collecting your race pack.

If you are collecting a race pack on behalf of someone else, you should have a copy of his/her ID document available at collection.

All Uncollected packs will be sent to the next collection point.

If not collected before or on Friday 15th March, your race entry will be forfeited.

NO COLLECTION ON RACE DAY IS POSSIBLE

- Race number collection points:

a. Tuesday 5 th March:	Joburg	MAKRO Strubens Valley	10h00 to 17h30
b. Wednesday 6 th March	Pretoria	MAKRO Centurion	10h00 to 17h30
c. Thursday 7 th March	Joburg	GAME Boksburg	10h00 to 17h30
d. Friday 8 th March	Pretoria	GAME Kolonade	10h00 to 17h30
e. Sunday 10 th March	Joburg	MAKRO Woodmead	10h00 to 17h30
f. Friday 15 th March	Hartbeespoort	Marathon clubhouse	12h00 to 20h00.

MEDICAL

- Medical Advice & Tips
 - a. Medical advice is that runners should drink approximately 100 ml of fluid (one sachet) every 15 minutes.
 - b. It may thus not be necessary for faster runners to drink at every station, as the dangers of over-hydration can be as severe, or more severe as those of dehydration. Gauge your drinking requirements on the time taken between water points.
 - c. Runners should modify their fluid intake to suit weather conditions on the day and should not experiment with new drinks on race day.
- Medical Tent & Assistance
 - a. Minor Aches Pains, Grazes and Muscle injuries.
 - b. There are a team of physiotherapists and first aiders to soothe those aching muscles at the Physio tent at the finish. Please feel free to visit the tent and have a welcome massage after your finish.
- Serious Medical Matters
 - a. A Medical Tent will be available at the venue next to the finish. There is a full support team on hand to deal with any emergency that may occur.
 - b. A mobile crew is patrolling the route to deal with any major problems, supported by response vehicles, pickup vehicles, and radio marshals to monitor your progress during the race.
 - c. In the event of a problem on the route, you will be assisted. The Race Emergency number will be given in final instructions. This will go direct to the Emergency Centre from which the mobile units which will be dispatched to attend to the incident.
 - d. In addition, there are radio communications at every water point along the route - you may use these to contact the emergency centre.
- Prior to the race

- a. Please complete your medical information on the back of your race number to assist medical personnel in case of an emergency. We have vehicles that patrol the route to assist those who are unable to complete the race and ensure they are returned to the finish safely.
 - b. Avoid discomfort by putting plasters on nipples, and Vaseline on areas that chafe BEFORE the race.
- Speak to you Doctor
- a. If in any doubt about your health, consult your personal doctor before the race.
 - b. If you have had influenza or Diarrhoea in the week before the race, PLEASE visit your doctor or the race doctor before running.
 - c. Painkillers are NOT available during the race, for your own safety. Analgesics such as Panado/Nurofen can cause serious complications such as dehydration and can even lead to renal failure. We recommend you do not take any painkillers prior to or during the race, for your own safety.