



sachet-free + eco-friendly



Friday 29 March 2024 / Good Friday

Marathon | Half-marathon: Start: 3.30pm

10km | 5km: Start: 4pm

the best race for a training run.







## Entry Form: Festival of Running 2024

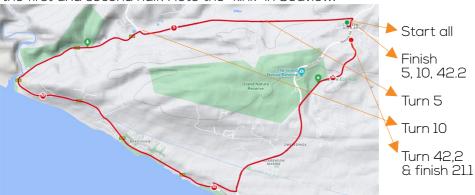
Full name:		Birth date::
ID#:		Age:
Club: If you are not part of a and 42.2km events	 club, you will I	License #: require a temporary license for the 10, 21.1,
Gender:		Mobile#:
Email:		
Emergency contact i	name/Numl	per:
temporary license, w 42.2km: 21.1km 10km 5km Temp'ry license Medal Water bottle	vater bottle, R130 3.3 R110 3.3 R70 4p R50 4p R50 R30	sen event and whether you require a and/or headlamp. 30pm start / 9.30pm cutoff 30pm start / 7.00pm cutoff m start / 6pm cutoff m start / 5pm cutoff
warrant that I am in the physical nature of these risks and do event entirely at my extent allowed in law and organisations as national athletics booliability or costs relat nature, however cau participation in the efurther agree and wo	good health of this sport angers. I her own risk and the organi sisting in the dies and all ing to any in sed, arising vent includin arrant that	g below I undertake to be bound by event including those of WA and ASA. I and aware of the risks and dangers of ing event, and do not claim ignorance eby accept that I participate in the d I release and discharge, to the fullest sers of the event, all sponsors, persons e staging of the event, provincial and local authorities from any responsibility, jury, loss or damage of whatever directly or indirectly from my ng pre-and post-race activities. I if at any time I believe conditions to be tinue further participation in the
Signature (guard	lian if min	or):

## **General information**

- 1) Packet pick up:
  - 1) Please provide proof of payment for pre-entries.
  - 2) Late entries on the day will be subject to a R50 extra.
  - 3) Collecting times are Good Friday at Cow's Corner from 11am to race start. You are responsible for timely collection.
- 2) The finish areas:
  - 1) are reserved for runners wearing official race numbers clearly visible on the front of their running vests.
  - 2) The 5+10km events will start and finish at the same place, the finish line of the 42.2km.
  - 3) The 42.2km and 21.1km will begin at the same point, with the 21.1km finishing at the turn-around point for the marathon at the top of Lower Seaview Road.
- 3) Prize Giving:
  - 1) Prize winners will be required to provide eligible bank details
  - 2) Prize Giving times: (subject to conditions)
    - 1) 10km at 5.30pm
    - 2) Half marathon at 6.30pm
    - 3) Marathon at 7pm
- 4) Parking:
  - 1) Elephant Walk and surrounds has plenty of open ground. Please respect the marshals and volunteers as they direct your parking to keep channels and roads open and safe.
  - 2) We encourage use of shared lifts to this event.
- 5) Tog Bags: There will be no dedicated areas for these. Please have supporters or safe places to store your goods.
- 6) Runners photo's will be taken and made available for free via links on our website and social media.
- 7) It is our duty to manage our relationship with each other and the Earth. Therefore:
  - we are a sachet-free race. Water stations will have refill options and we encourage you to carry your own (a 250ml bottle should be sufficient). If you don't have, you can buy one when you enter or on the day (stock availability depending). There will be limited re-usable cups at each aid station and these will be kept for the race leaders.
  - 2) We will not provide medals, except to those that pre-order. Medals and their wrapping are often cause of great litter after the race, and once the memories fade. Please pre-order! Late orders may be available at a premium price.
  - If you're interested in a race shirt, or cap, please let us know. If there is enough interest we will provide a post-event order option.
- 8) Those taking 3 or more hours on the marathon will finish after sunset, and possibly in the dark. We encourage you to have a torch or headlamp available. Pre-order one with your entry, or buy one on the day (stock availability depending).

## Route descriptions: Cow's Corner, Theesecombe, NMB

The course is hilly. It is designed to help those training for Comrades build strength. This course will improve your endurance. This is an experience race, not a "personal best" route. Approach it with this in mind and try to run your race with mates on an "even effort" between the first and second half. Note the "kink" in Seaview!



Marathon: 42.2km, 847m elevation gain/loss

This out and back loop is scenic taking in some of Nelson Mandela Bay's most pristine forest and coastline areas. Those nearing the back of the field are likely to get a seaside sunset before the climb back to finish.



Half Marathon: 21.1km, 419m elevation gain/loss

What starts as a fast, flowing downhill for the first 9km, gives a short, sharp warning that things will change. Through Beachview there's a flat section for your viewing pleasure, and then its 5km hill with a sting in the tail to the end! Save energy for this last climb and a sprint finish.



10km, 202m elevation gain/loss

Usually a fast distance to run, the 3-sisters hills going down to the turn will sap your energy if you run too hard. And the views will distract you!



5km, 92m elevation gain/loss

As with the 10km, take it easy, have fun. See if you can spot the Easter Bunny or a rhinoceros.