

Festival of RUNNING

- *make your mark* -



First Edition!

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.



The Festival of Running in
nelson mandela bay
MUNICIPALITY

Entry Form: Festival of Running 2024

Full name: _____ Birth date: __:_____

ID#: _____ Age: _____

Club: _____ License #: _____

If you are not part of a club, you will require a temporary license for the 10, 21.1, and 42.2km events

Gender: _____ Mobile#: _____

Email: _____

Emergency contact name/Number: _____

Please indicate clearly your chosen event and whether you require a temporary license, water bottle, and/or headlamp.

___ 42.2km: R130 3.30pm start / 9.30pm cutoff

___ 21.1km R110 3.30pm start / 7.00pm cutoff

___ 10km R70 4pm start / 6pm cutoff

___ 5km R50 4pm start / 5pm cutoff

___ Temp'ry license R50

___ Medal R30

___ Water bottle R100ea

___ Headlamp R100ea

TOTAL R_____

Indemnity & Waiver

By entering this event and signing below I undertake to be bound by the rules and regulations of the event including those of WA and ASA. I warrant that I am in good health and aware of the risks and dangers of the physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

Signature (guardian if minor): _____:

Or enter directly at: getsteve.co.za

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:
 - 1) 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.
 - 3) 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, Thesecombe, 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!



- ▶ Start all
- ▶ Finish 5, 10, 42.2
- ▶ Turn 5
- ▶ Turn 10
- ▶ Turn 42,2 & finish 21.1

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.

