



FINAL INSTRUCTIONS

1. **IMPORTANT:** *These final instructions are vital to YOU the Runner. This is our opportunity to share important changes and information that will assist YOU to enjoy the race and make the race run smoother. Care has been taken to make this information available to you, as we believe that this will give you a better experience on the day. Please ensure you read and abide by these instructions. HAVE A GREAT RUN*
2. **GETTING TO NASREC:**
 - a. All runners are encouraged to use routes to NASREC Road as access to the start and finish venue.
 - b. Adequate parking exists on east, north, and south side of NASREC and parking guards are located at the official parking areas. Please abide by the marshals instructions.
 - c. DO NOT use Rand Show Road- This is a critical part of the race route and will not be available on race morning. Plan to be parked at NASREC by 05:00 am for ALL races
 - d. See the map of recommended traffic routes at race registration and on web site www.sowetomarathon.com
3. **START PROCEDURE:**
 - a. Once at NASREC runners should drop their tog bags at Hall 10 (see map at registration and on web site) then make use of the gathering area where there are also toilet and hydration facilities.
 - b. There is signage and ten 'Information Assistants' positioned around NASREC to guide you to various areas and the start. Please make use of them if in any doubt.
 - c. Ensure you are in your allocated race start pen at least 20 minutes prior to the official race starting time. Gates to pens will be closed at least 10 minutes prior to the start of the race and any runner attempting to climb or force their way into the race pen faces disqualification and disciplinary action.
 - d. The start layout is shown on diagrams at registration and on the web site
4. **SEEDING, GOOD FOR AGE and NET TIMING RESULTS:**
 - a. In *an innovative move the Old Mutual Soweto Marathon* has introduced seeding for faster runners and included "Good for Age" times, which will ensure the contenders are able to get away at the start of the event making for a fair competitive race.
 - b. Equally the introductions of 'mat to mat' results for the mass of the field means that it is no longer necessary to fight or crush to get to the front of the race, as runners will be given access to their time from start mat to finish mat. These 'net' times will automatically be used to update Comrades entries and will be available for use in entry for the 2016 Old Mutual Two Oceans 56km.
 - c. NOTE: ALL Prizes are awarded on race times based on Gun to finish line only.
 - d. Seeded and Good for age runners will be given special accreditation, subject to criteria being met, at registration and this must be worn in order to get access to the seeding pens at the start of each race. All three distances (10k 21km and 42k) will have seeded runners. Accredited runners must go directly to the seeded runners hold pen adjacent to the front of the race start and each race will be called in turn. Ensure you are in the seeded waiting area at least 20 minutes prior to your official race start time or you may have to join the back of your race distance. NO ACCESS will be granted to seeding pens to athletes not wearing a ChampionChip.
5. **Foreign Runners:**
 - a. All International runners must comply with IAAF rule 4.2 and 142, and ASA rule 4. Note: Clubs and or foreign runners must lodge an original with the race registration office at JHB Stadium prior to the race and additionally have a stamped copy ready for inspection on race day to be eligible for any prize award.
6. **Age category tags:**
 - a. All runners must wear age category tags as per ASA 11.0

- b. The Age category awards will be posted on the provisional results board located on the windows of the arena building behind the stage in the finish / celebration area of the race. It is the responsibility of each age group runner to check if they have won an age category prize, and to report to the Runners Information Centre to complete the necessary forms for the prize to be paid into their account.
 - c. All age group prizewinners must be able to produce either a passport or ID document, or birth certificate to the protest / technical Information Centre in order to be eligible for the award.
7. **Race numbers and ChampionChip Timing:**
- a. One Race number is supplied that must be worn on the upper chest. Use four pins to attach the number.
 - b. Your temporary or provincial license number must be worn on your back.
 - c. This event is been timed with the ChampionChip system and you are required to own your personal ChampionChip that is registered in your name.
 - d. Your ChampionChip chip must be worn on the shoe for the full duration of the event
 - e. Do not wear any chip other than your personal ChampionChip
 - f. You may not use a ChampionChip that is registered in any other person's name.
 - g. Your name is printed on the race number do not mix up numbers.
 - h. In the event that you are unable to run on race day, you must not pass your number to any other runner.
 - i. Any upgrades or downgrades in distance must be done at registration. Failure to do so will lead to disqualification and no result being produced
 - j. Runners using incorrect numbers will be disqualified and the person passing the number on may be subjected to disciplinary procedures as determined by the provincial body.
8. **Registration:**
- a. At Registration runners should collect their T-shirts and goodie bag. No goodie bags or race numbers will be collected on race day
9. **Team Competition:**
- a. The team results are calculated on the first four runners from a club providing they are wearing official club kit. Foreign athletes will NOT be counted in team awards and the domestic domicile rule will be applied. It is the responsibility of the athlete to ensure their club is correctly reflected against their entry AT REGISTRATION
10. **Advertising rules: (ASA rule 13 and IAAF Advertising Regulations)**
- a. Runners are encouraged to wear club kit, which is registered with the provincial federation. Runners wearing other kit may only wear unbranded vests and shorts. The only allowance is a manufacturers logo no bigger than 30cm square on the vest, a 20cm square manufacturers logo on the shorts or lower garment. Club kit is essential to be considered as a team member for the team prizes.
 - b. Runners may wear the hat or peak of their choice but there may only be one logo. The size of the logo is restricted to 6cm square.
 - c. Runners are reminded that IAAF rules prevent runners from wearing any clothing or carrying any item promoting any political organization.
11. **Race Start Time:**
- a. **NOTE:** *All runners should plan to be at NASREC by 05:00 leaving sufficient time to drop tog bags, go to the gathering area where both toilets and hydration tables will be available.*
 - b. The following start times apply:
 - i. 21km race – 05:45am
 - ii. 10km race - 05:55am
 - iii. 42.2km race at 06:15am
 - c. **NOTE:** *No runner will be allowed to start the race if they are more than 10 minutes late:*
12. **Tog Bags –**
- a. A Tog Bag area is provided in Hall 10 and will be available from 04:30am on race morning
 - b. The race organizers do not accept responsibility for the safety of items left in the tog bags.
 - c. Runners must provide their own bags
 - d. Please do not leave valuables in the bags and if you must leave a cell phone please make sure it is switched off.
 - e. Collection of Tog Bags will be available from the time of the first finisher.
13. **Seconding**
- a. ***There is no traveling along the race route by any vehicle, motorbike or bicycle, other than the limited official vehicles.***
 - b. Runners receiving assistance from any vehicle travelling on the route will be open to disqualification. This will be notified to CGA technical official by race marshals and volunteers and strictly enforced by CGA technical officials.
 - c. Any assistance given to runners must be by 'stand and hand' only.

- d. **NOTE:** *Seconding that is not in accordance with these rules, or in the opinion of the referee or safety officers, impact on safety can lead to disqualification. (ASA 21.2 and 21.4)*
14. **Sweep vehicle and Time Limits & Cut offs**
- A Sweep vehicle will be provided behind the last runner of each event.
15. **Toilets on Route:**
- For your convenience there will be at least one toilet at each of the refreshment stations.
16. **Refreshment tables:**
- There will be refreshment tables placed along the route at approximately 3km intervals. These will be stocked with Coke, and water.
17. **Medical Facilities:**
- There will be ambulance stations positioned on two locations, which allow fast access to all three routes. Any runner requiring assistance or any person assisting an injured or ill runner should contact the emergency number (081 402 5485) who will dispatch the ambulance and medical crew
 - There are full resuscitation facilities adjacent to the finish line and a medical tent as runners exit the finish area.
 - Old Mutual has also provided limited massage facilities for runners at the finish.
18. **TV Coverage and Photographs:**
- The finish area is particularly restricted in size and runners will not be allowed to stop at the finish for photographs, nor will family or friends be allowed to accompany runners over the finish line.
 - Runners may not collect or be accompanied by children, dogs, or family members who have not been officially entered in the race as they approach the finish line.
 - SABC 2 will be covering the race live on race day from 05:30am.
 - Official Race Photographers, Action Photo will be ready to record your memories.
19. **Finish Facilities**
- For the runner – Medical tent, Massage, Tog Bag return, hydration, and a rest and recovery area. This are restricted to runners only:
 - In the public area there will be food and drink vendors, the Runner's Information Centre (provisional results board), Spectator stands, Prize Giving podiums.
 - Note that we ask runners to keep moving after crossing the finish line so as to collect a medal, a 500gram of Future Life and the option of water / coke. It is important that runners keep moving to ensure there is no back up over the finish line.
20. **Prize giving:**
- The official prize giving will be televised live and is planned for 10:00am, but is subject to requirements of live broadcast.
 - The awards will be made to the Top three men and women only. All other award winners must be sure they complete the necessary award forms and banking details at the Runners Information desk next to the Provisional results display on the windows at the rear of the arena.
 - Athletes receiving prizes at the prize giving are required to be in full club tracksuits that fully comply with the IAAF Advertising Regulations and ASA club kit rules. **NOTE:** Athletes may NOT wear any headgear at prize giving.
 - The remaining awards, (4 to 10 positions, and all age group awards) will be considered to have been announced by the posting of Official ratified results on the board at the Runners Information Centre. These will display a referee signature and a time of posting.
 - NOTE:** Any relevant trophy, medals and prize money will be presented at the prize giving, but will be held by the race organization until the satisfactory outcome of anti-doping tests.
 - It is the sole responsibility of the runner to confirm that he / she is satisfied with the official results posted.
 - Those runners who have earned an award must report to the Runners Information Centre to provide their full personal and banking details, in order for prize money to be transferred into accounts. It will only be acceptable to pay money into a third party account if the athlete provides the organizers with a letter stating that his / her prize money is paid through a third party account.
 - Age group runners will be required to provide proof of age either with a passport, official ID, or a birth certificate. Please ensure this documentation is available on race day to the Information Centre.
21. **Anti-Doping Testing:**
- Random Anti-Doping testing, under the auspices of South African Institute for Drug Free Sport (SAID) and Athletics South Africa (ASA) will be conducted. Competitors will be informed after crossing the finish line if they have been selected for testing and will be required to acknowledge this by signing the relevant forms.
 - It is a violation of the anti-doping rule for an athlete to fail to, or refuse to, submit to the anti-doping control after having been notified to do so by the responsible official. The athlete should make him / herself fully

conversant with all rules and requirements of the anti-doping procedures as covered in IAAF Rules and SAIDS procedures.

22. **Protest and Appeals:**

- a. It is the responsibility of the runner to confirm whether they have earned an award. The top three awards in each race and certain specialist awards will be announced at prize giving. The remainder will be posted as official results, with a referee signature and time of posting on the board at the Runners Information Centre, which is located at the end of the walkway where runners enter the medical and rest area.
- b. Any and all protests on the official results, or other competition infringements, must be submitted in terms of IAAF rule 146 and ASA rule 14. This requires the protest to initially be made to the Referee. If the matter remains unresolved an appeal may be made in writing, referencing the relevant rule, and with a deposit of R500. A Jury of Appeal, whose decision will be final, will then hear any Appeal.
- c. The time for submission of appeals is stated in ASA rules as being 30 minutes after the time that the final signed result was posted on the results board at the Runners Information Centre.
- d. To allow the organizers to check the results of all runners, and to protect the credibility of the Old Mutual Soweto Marathon, runners may be contacted up to 15 days after race date and will be given a further 7 days to respond to allegations of rule or race infringements

23. **Results:**

- a. The full and final prize giving race results will be published on the event website (www.sowetomarathon.com) by Monday.
- b. The **provisional race results** will be available live on the event website (www.sowetomarathon.com) on race day and runners will be sent SMS with their own personal results. The site will also provide live details of the progress of runners along the route, and is open to public use.
- c. Live results and tracking are also available via the UltimateLive mobile App which can be downloaded free of charge from the Apple iStore or the Google Play Store