

Rolando HILLCREST MARATHON 2024



RACE RULES AND INFORMATION

ROUTE: The event is over a 21.1 km circular course through Hillcrest and Winston Park. The marathon runners complete 2 laps. There will be 7 refreshment tables along each lap.

TIME OF EVENTS: Runners: 42.2km: 05:00 (6hr cut-off) Runners / Walkers: 21.1km: 05:00 (3hr 30min cut-off)

OFFICIAL TIMING: The race will be timed by Finish Time.

- Once the event has started there will be NO number collection and NO late starters allowed.
- No Athlete will be permitted to start the second lap after 3 hours running time.
- Any Athlete who has not reached the 37km mark (5km to go) by 10am must withdraw from the event and will be transported to the finish as Ethekweni Metro Police will open the road to traffic at that time.
- The Hillcrest Marathon is a Comrades and Two Oceans qualifier.
- Temporary Licences valid for 21.1kms. ASA Rule 25.5.15: Temporary licenced athletes are not covered by a national insurance policy.
- Prize giving will take place at 8.30am for 21.1km and 10.30am for 42.2km.
- Age category prizes are only awarded to athletes who display their age category on the front and back of their running vest, with an official issued age category from their club.
- "W" Walker Tags & "J" Junior Tags to be worn on front & back of vest and must be clearly visible in order to qualify for category prizes.
- Holders of temporary licences will be eligible for individual prizes and may claim age category prizes in keeping with IAAF and ASA Rule 25.5.13.
- Marathon entrants may finish only the half marathon if desired but will not qualify for half marathon prizes. Half-marathon entrants may not complete a second lap to complete the marathon.
- No pacing or personal seconding will be permitted in this event.
- Foreign Athletes must abide by IAAF Rules 4.2, 22.1 and 142, as well as ASA Rule 9.
- Marshalls, traffic and technical officials must be obeyed by athletes at all times.

START AND FINISH: The events will start at the corner Hospital and Old Main Rd, Hillcrest - see website for map - www.hillcrestvillagers.co.za. The events will finish at Hillcrest Villagers Athletics Club, 5 Crooked Lane, Hillcrest. Tog bag facilities will be provided at owner's risk.

ENTRIES: This is a PRE-ENTRY EVENT ONLY. Absolutely no late entries will be permitted. Race Number Collection takes place on Saturday 10 Feb 2024 from 10H00 to 17H00 (no exceptions) at Hillcrest Villagers Club. NB: Road Closure from 4:30am on Race Day. Minimum age on race day is 16 years for 21.1km and 20 years for 42.2km. Entry fees are not refundable for any reason whatsoever including cancellation of the event. Entries are NOT transferable to other athletes. No substitutions permitted. Free entry to those who are 70 years of age or older. (Temporary license fees still apply).

DRESS RULES: Club colours must be worn by licenced athletes.

Race numbers must be worn on the front of your vest / crop top

- Provincial licence must be worn front and back. Temporary licence must be worn on the front of your vest or crop top.
- All temporary licenced entrants to wear neutral colours and to adhere to IAAF and ASA rules.
- Athletes may NOT replace ASA licence numbers with race numbers under any circumstances. The race number must be placed so that the ASA licence sponsor and the ASA Province/Year remains visible above the race number. The licence numerals may be covered. Athletes who fail to adhere to this rule may be disqualified - Refer to ASA Rule 26.1.7

ENQUIRIES: secretary@hillcrestvillagers.co.za

LITTER ZONES WILL BE ENFORCED AT ALL WATER TABLES

BE AN ECO-AWARE ATHLETE

How can you do your part? It's easy! Hold onto those sachets and cups and dispose of them along with any other litter you may have in the bins provided.

IAAF Rule 28.4 Littering shall be further categorised as intentional and unintentional littering Both can apply anywhere. ASA Rule 28.5 makes provision for a Race Referee to warn an athlete by showing a yellow card and exclusion by showing a red card.

Category		21.1kms	42.2kms
Open	1st	R1500	R5000
	2nd	R1000	R2500
	3rd	R750	R1400
35-39	1st	R700	R850
	2nd	R500	R700
	3rd		R550
40-49	1st	R700	R850
	2nd	R500	R700
	3rd		R550
50-59	1st	R700	R850
	2nd	R500	R700
	3rd		R550
60-69	1st	R700	R850
	2nd	R500	R700
	3rd		R550
70+	1st	R700	R850
	2nd	R500	R700
Juniors	1st	R700	N/A
	2nd	R500	
Walkers	1st	R700	N/A
	2nd	R500	

Cut-offs	Race Time	Time of Day
21.1/42.2 Split: Hospital Road	3 Hrs	08H00
27kms: Cnr Roosevelt & Jan Smuts	4 Hrs	09H00
37kms: Winston Park Garage	5 Hrs	10H00