



# RUN<sup>2</sup>NOWHERE

FOR THE LOVE OF THE TRAIL

## Event Rules 2019 (provisional)

### Competitors

- Competitors need to be 14 years and older for the 10km event and 16 years or older to enter the 20km or 30km event.
- Any competitor found to have transgressed the rules and regulations of the event and/or acting contrary to the spirit of the event will be liable for disqualification.
- Running under someone else's number will result in disqualification.
- If you withdraw from the event, competitors must notify the race timekeepers or a marshal immediately.
- Competitors are to follow and complete the entire course as designed by the Run2Nowhere Organiser.
- Participants must adhere to the designated route and may not take short cuts.
- Competitors must stay on the marked course at all times.
- Any competitor who has not completed the entire course will be disqualified.
- Any participant who exits the route for any reason must return to the route at the same point from which they exited.
- The instructions of marshals and race officials must be adhered to at all times.
- The Race Organisers reserve the right to modify the route at short notice.
- The first competitor to complete the event, having complied with all rules and regulations, will be considered the winner.
- Any individual who tests positive for illegal substances will be barred from the event for a minimum period of two (2) years.
- Where one competitor finds another in need of medical attention – they must stop to assist.

### Competitors participating in teams

- Both team members must start together.
- Team members must stay together at all times during the race stage.
- Unless the race organizers have been notified that one member of the team has withdrawn, team members that are separated by more than two minutes at any point in the stage will not be eligible for a prize or podium position.
- Team separation can be measured at any point in the stage.
- Both team members must finish each stage together.

### Recommended Equipment to take with you on the run

- A minimum of 1,5L water
- Personal nutrition (bars, gels, food etc.)
- Space blanket
- Lightweight Windbreaker/Waterproof Jacket
- Personal medication
- One stretch bandage and some plasters
- Whistle (to blow in case of emergency)
- Cell phone – To save emergency number – will be communicated at the event.



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## Timing and cut off

- Timing starts at the firing of the gun/announcement at the start of each stage.
- There are no official cut of times, however the organizers and medical team reserves the right to enforce cut off points on route should the weather , participants health or other unforeseen circumstances lead to it.
- If cut off points needs to be enforces before the start (for example due to weather conditions), it will be communicated to the runners at the start. However, if any unforeseen events happen on the day (for example a veld fire) then runners will be notified on route and be diverted or removed.
- A team/individual that does not finish the complete route on the specific day will receives a DNF, he/she can continue the next day but will not be listed on the over all results. He/she will still be entitled to receive a medal

## Supporters

- No physical support is allowed on route. Any form of physical support will lead to the competitor's disqualification.
- Supporters are welcome at the start and finish. That will take place at McGregor Dutch Reformed Church (Sat.) and Lord's Winery (Sun.).

## General Rules

- Abusive language will not be tolerated. Persons wishing to express outrage will do so in a controlled manner.
- Competitors crossing the finish will be given a "line finish position". This is pending the outcome of complaints and/or any further information coming to the organisers' knowledge.
- Not removing direction boards or signage of any sort.
- All vehicles are to be parked in the designated area.
- Littering and damage to the environment will not be tolerated under any circumstances.

## Medical Assistance

- Paramedic crews will be available for medical treatment and consultation.
- The medical crew has the authority to withdraw a competitor from an event should the competitor's further participation in the event possibly result in permanent injury, disability or death to the competitor.
- Competitors are obliged to carry their personal medications on them. The medical crew will not be on hand to supply personal medication should the competitors concerned have failed to supply their own.
- The medical crew will provide immediate emergency treatment and stabilisation. Should a competitor require transport by road or air ambulance, the cost of any transport out of the race environment will be carried by the patient/competitor.
- Competitors are strongly advised to take appropriate insurance against the costs of emergency evacuations and repatriation.



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## Complaints & Appeals

- Any competitor wishing to appeal or complain any aspect of the event can do so. Complaints are to be received by the Run2Nowhere timing team within 45 minutes of the competitor crossing the finish line.
- In the event of there being discrepancies in finishing positions resulting from such reports and/or complaints, the Prize Giving will only take place after a verdict has been reached by the timing team.
- Appeals regarding decisions are to be received by the timing team within 45 minutes of the decision.
- Any objections to positions announced at Prize Giving must be given immediately, once prizes have been handed over, the results will be final.
- Winners must be present at Prize Giving to qualify for prizes.

## Substitution, Refund & Cancellation Policy

- 90% refund if cancellation is received before 31 May 2019
- 50% refund if cancellation is received between 1 - 30 June 2019
- No refunds if cancellation is received after 1 July 2019
- Substitution Fee R100.00 per runner
- Substitutions are allowed until 8 August 2019

Please note that the rules & regulations may be updated from time to time and runners will be notified. The final set of rules & regulations will be sent one week before the event. Any necessary changes/update after that will be communicated on race day.