

## **CATHEDRAL PEAK CHALLENGE RULES & INFORMATION - 2018**

*Entrants undertake to abide by the following rules and agree to the following conditions:*

1. You do not need to be a member of an athletics club to compete in the Cathedral Peak Challenge Runs.
2. Entries to each run are limited to 30 per race. An exception to this is the Bonus Mandela Day run on 18 July, where there will be 67 runners.
3. Pre-entry online: Entries will only be permitted via the online entry platform. A link can be found on the Cathedral Peak Challenge Webpage (<http://cathedralpeak.co.za/challenge>)
4. No on-the-day entries are available.
5. Entries are confirmed when payment is received. Those who don't make it in time will be placed on a waiting list.
6. Runners running without paying the required entry fee, are regarded as trespassing and action can and will be taken.
7. There will not necessarily be Marshals at road crossings. There will however be marshals at strategic places on the course for your safety.
8. There will be mountain support on the vertical climb of the mountain. There will be marshalls on duty to assist with your safety.
9. There will be Medical Support at the end to deal with any serious injury.
10. If a runner has not reached rope number two (below the summit) by 13:00 they will be turned back to the start, and their time will not count.
11. The time of any runner who does not reach the top of Cathedral Peak will not count.
12. Participants may receive minor assistance from other competitors at any time.
13. Direct physical assistance in order to intentionally improve the result of another competitor is specifically excluded, including but not limited to pushing, the use of ropes, poles and bungee cords for towing, and carrying the compulsory kit for another participant.
14. Right of way is for the person coming up. This applies on the ropes as well, unless someone is on the ropes already (then they have right of way). On trail a slower runner must make way for a faster runner.
15. Treatment by the event appointed medical staff may take place at any point on the course and shall not be deemed to be assistance except if fluids or medicines are administered intravenously. Such intravenous treatment shall make the recipient ineligible for position prizes.
16. An athlete shall retire from the run if ordered to do so by the official medical staff.
17. Runners must be self sufficient for the day.
18. No seconding allowed.
19. If you decide to withdraw at any stage during any one of the runs, please inform the race organiser timeously.

20. If you are running in a mixed Pair, you must select your partner before the run.
21. If you are running in a mixed Pair, both partners must be there on the same day, leave at the same time (in order to run under the same conditions).
22. If you are running in a mixed Pair, you may only select one partner.
23. There will be no water points out on course, with the exception of a waterfall 4km into the route. Please ensure you take suitable hydration with you if needed, and were appropriate.
24. Make sure you dress according to the weather. This is the Drakensberg in winter. Mornings and evenings are cold. Even on the morning of your run be sure to wear appropriate layers that suit your running style for the weather conditions.
25. There will be toilets at the start/finish.
26. Any runner found to be falsifying information to gain a competitive advantage (for example lying about age) will be disqualified.
27. It is the responsibility of the runner taking part to follow the official course. Any runner going wrong must return to the course at the point where he/she went wrong before continuing, any alternative to this shall be deemed a short-cut and that runner faces the possibility of disqualification (subject to appeal from another runner being received by the race director within 48 hours of finishing).
28. Time results will only count for those runners having completed the correct course subject to the discretion of the race director.
29. In the event of a runner not following the full and correct route, and that this misdirection was found not to be by fault of the course marking, that runner shall be disqualified (subject to an appeal from another runner being received by the race director within 48 hours of finishing).
30. If an appeal is not received within 48 hours of finishing, the results shall stand. Further corrections will be at the discretion of the race director.
31. Those runners with a formal complaint, can do so in writing to the race director by email to [challenge@cathedralpeak.co.za](mailto:challenge@cathedralpeak.co.za).
32. Disqualification of a runner will be at the sole discretion of the race director.
33. Race entry fees include SANParks fees.
34. The Cathedral Peak Challenge is open to runners who be 19 years of age on 31 December 2018.
35. All participants in a Cathedral Peak Challenge run must sign the official indemnity form and watch the official Cathedral Peak Challenge Safety Video. Please see the official web page for these details (<http://cathedralpeak.co.za/challenge>)

## **REGISTRATION AND RACE BRIEFING**

Registration will be from 18h00 – 19h00 on the evening before each Cathedral Peak Challenge Run, in the lounge of Cathedral Peak Hotel. For those participants staying at the Hotel there is a Competitors Dinner in the dining room following the Briefing.

## **ON THE DAY**

On the day of the run participants must meet at the start (outside the Honeymoon Suites at Cathedral Peak Hotel) at 07:30 for the 08:00 start. For those participants staying at Cathedral Peak Hotel breakfast will be open from 06:00 on the day of the run.

## **PRIZE-GIVING**

Will take place at the end of the Cathedral Peak Challenge on 30 September 2018. An exact date will be announced closer to the time.

## **SUBSTITUTIONS**

Substitutions are possible up to 12h00, 7 days before each race. Substitutions will be offered to the waiting list first. Should you want to make a substitution, contact the organisers on [challenge@cathedralpeak.co.za](mailto:challenge@cathedralpeak.co.za)

## **PRIZE MONEY**

The Female, Male and Mixed Pair Team first place winners (fastest times for solo and combined fastest time for mixed pair) will receive R25,000 cash. This is not dependent on breaking 'the record'. Legend has it that the fastest time was set in 1952 by multiple Comrades winner Hardy Balington in a time of 3:20.

## **MEDICAL**

There will be a medic but participants must under normal circumstances, be fit, healthy and able to complete the event safely without aid. Should the race medic declare any participant unfit to continue, he or she will be forced to withdraw from the event. This is a serious challenge. EACH PARTICIPANT MUST TAKE RESPONSIBILITY FOR THEIR OWN SAFETY.

## **PUBLICITY DISCLAIMER**

Anyone who participates in or attends a Cathedral Peak Challenge event does so knowing photographs, videos and/or audio recordings may be taken. By attending the event, you consent to being interviewed and/or photographed; audio recordings and/or video recordings being made; and agree to the release, publication, exhibition, or reproduction of the above mentioned interviews, photographs, audio recordings and/or video recordings for use in any news articles or programmes, web-casts, promotional purposes, telecasts, advertising, inclusion on web sites, or for any other purpose(s) related to Cathedral Peak Challenge, its vendors, partners, affiliates and/or representatives.

## **WILDERNESS COURTESY**

- Be polite to other trail users, and when passing please do not push other runners.
- Follow the official course and do not take shortcuts.
- Please leave only footprints and do not leave any litter.
- There will be toilets at the start/finish only. If you need to go whilst out on the route, please do it 10 meters away from the path and 30m from a stream, dig a 15cm hole and bury your waste.
- No pets please of any kind.
- Don't be taking home any memorabilia from nature; it looks much better where it is!
- To pass someone on a trail, ask.
- No smoking is allowed on the route, at the checkpoints or at the start/finish area.

## **TIMING AND TRACKING**

- All participants must run on the Strava route and segment for the Cathedral Peak Challenge (<https://www.strava.com/routes/13107811>)
- All participants must time their run using a device that will enable them to sync their run to Strava once their race is complete.
- All participants must upload their run to the Cathedral Peak Challenge Route on Strava within 24 hours of completing their run (<https://www.strava.com/clubs/CathedralPeakChallenge>)

## **COMPULSORY GEAR**

- Running Vest or Backpack
- Minimum of 1 liters of Water
- Running or Hiking Footwear
- Emergency Space Blanket 1.4MX2M (item provided in the event goodie bag)
- Rain Jacket (item provided in the event goodie bag)
- Whistle (item provided in the event goodie bag)
- Fully Charged Cell Phone
- Buff (in the goodie bag) or Beanie
- Race Food and Nutrition (item provided in the event goodie bag)
- Peak Cap (item provided in the event goodie bag)

## **RECOMMENDED GEAR**

- Outer Shell/Windbreaker
- Running Shorts or Tights
- Running Shirt
- Sunscreen
- Gloves
- Hiking Stick
- Lightweight Fleece Top
- Dry Bag or Ziplocs
- Thermal Base Layer

## **WHAT YOU WILL GET IN YOUR GOODIE BAG**

- 1 x Slam 500ml Water Bottle
- Emergency Space Blanket
- Poncho
- Whistle
- Buff
- Racefood: 2 x FARBar and 2 x FASTBar
- Peak Cap