

MEDICAL

Mediclinic and ER24 are the event's official medical partners. There are 9 medical points on the 46km and 3 on the 22km. There is an emergency number printed on your race number for your convenience. If you cannot call for yourself, ask someone to do it for you and we will activate the nearest medical support. The **medical emergency number is 021 023 2720**. The general emergency number is 021 300 1286.

PARKING

Please plan your trip and parking in advance.

TOILETS

In addition to the public toilet facilities available, there will be portable toilet facilities available at Signal Hill (46 & 22km). There will also be toilets at the start and the finish venues. Should you need to go whilst on the trail, please do so in consideration of other trail users, finding a place away from view and covering any solid waste.

VENDORS

There will be food and refreshment vendors at the Cape Town Marathon Race Village.

DO NOT LITTER

Please respect our mountains and World Heritage Site by making sure you dispose of any energy sachets or rubbish in the bins provided. At the aid stations you will only be able to leave the area once the peel or wrapper has been disposed of in the bins provided.

Please report any competitor seen littering to race control (race number). Anyone caught littering may be disqualified in accordance with the Environmental Management Plan approved by SANParks.

ATHLETE TRACKING SERVICE

Your family and friends may once again cheer you on along the route. Please let them plan their trip and access in consultation with our Road Closures. They can also track your progress online by downloading the UltimateLIVE App from their Google or Apple Store.

Step 1: Search for Cape Town Trail and Peace Runs (Saturday Events) under the Results header.

Step 2: Track leaders via the app in the "Standings" section.

Step 3: To track a runner, search for them under the Name / Number search bar, click on their name and press the star icon to add to favourites.

Step 4: To receive push notifications, press the bell icon.

TRAIL ETIQUETTE

The trails we are using are not exclusive to the race, so please be respectful of other users at all times. If you wear earphones, please keep it at a reasonable level so that you can still hear someone calling to pass behind you.

Please apply the standard rule of 'Keep left and pass right' and only when it is safe to do so.

Please remain on the marked trail at all times. Please report anyone taking short cuts or acting in a manner that may be considered dangerous to other trail users to race control.

PRIZE GIVING

The prize giving ceremony will be limited to the top three men and women in both the 46km and 22km events.



FINAL INSTRUCTIONS



WELCOME

You have done the hard work and are almost ready to take on Africa's most beautiful trails. All that's left for you to do is familiarise yourself with the final Race Day logistical guidelines, so you can enjoy your run from start to finish.

RACE NUMBERS

You have been issued with two race numbers. Please attach a race number on the front and back, making sure they are clearly visible. If you are wearing a running pack/vest, you may attach the rear facing race number to the outside of your running pack/vest. Your race number has your timing chip attached to it so please do not bend or fold your race numbers when attaching them.

THE START

The start line is in Fritz Sonnenberg Rd, and all runners will enter the start area from designated chute area in front of the DHL Stadium. Please arrive at the start between 45 minutes to an hour before your batch starts.

46km Runners please note that your compulsory kit check will take place between 05h00 and 05h45; please ensure enough time for this.

START TIMES

| Batch | Distance | Start |
|-------|----------|-------|
| A | 46 KM | 6:00 |
| B | 22 KM | 6:45 |
| C | 22 KM | 6:47 |
| D | 11 KM | 7:45 |
| E | 11 KM | 7:47 |

KIT

YOUR BATCH

The letter on the colour triangle on your race number is your start batch. For example: A indicates that you are in the first start group.

TIMING

Your PeakTiming timing chip is attached to your race number. Please do not fold your race number as it will damage the chip.

46KM TRAIL COMPULSORY KIT

All 46km Trail Marathon runners will be required to carry certain compulsory kit items. This will be checked at the start from 05h00 and 05h45 in the forecourt area. A wrist band will be issued on completion of the kit check. If you do not have a wrist band you will not be allowed into the start chute.

The need for the compulsory kit cannot be underestimated and is there for your own safety. Participants arriving at the start without all the compulsory equipment will not be allowed to participate, and will be not entitled to a refund.

There may also be spot checks on the mountain and at the finish. The kit has been rated either Category 1, 2 or 3. If you are missing a Category 1 item you will be disqualified. If you are missing a Category 2 or 3 a time penalty will be applied. These regulations have been put in place for your own safety and we trust you will adhere to them.

| | EQUIPMENT | PENALTY |
|-----------|---|--|
| CAT 1 | Waterproof & breathable rain jacket with hood (Not accepted: Plastic bags, ponchos, PVC or rubberised jackets) and Mobile phone: Fully charged with emergency number saved - 021 430 7357 | Disqualification |
| CAT 2 | Buff or similar, Space blanket (minimum 2m x 1m), Whistle and Basic essential first aid (minimum: 1 x Cohesive Bandage 75mm x 4.5m; 1 x First Aid Dressing #2) | 30-min time penalty per item |
| CAT 3 | Emergency race nutrition (minimum 400 Kcal worth - e.g. 2 x energy bars of 65g each) 1 litre water (carrying capacity) | 15-min time penalty per item |
| Necessary | Own cup (150ml) / bottle / hydration pack | Self-imposed penalty as there will be no cups at aid stations. |

AID

22KM TRAIL NO COMPULSORY KIT

In the interest of safety, 22km participants are advised to refer to the kit list and be similarly prepared.

SECURE TOG BAG FACILITY

The Tog Bag facility will be at the start and collection after the race is at the finish village. Your bag will be labeled and you will receive a matching armband.

AID STATIONS

ALL aid stations are CUP-LESS, so you need to carry your own collapsible cup or container of sorts. The aid-station crew will ONLY dispense into your own cup and no cups will be available.

The 22km will have aid stations at 9km & 15.7km.

46km Aid station detail is as follows:

- 8.5km corner of Tafelberg Rd at the Kloof Corner trail head (104) WATER ONLY
- 18km base of Hely-Hutchinson Dam Wall (111) - supplementary nutrition, water, coke
- 30km Kings Blockhouse (149) - Supplementary nutrition, water, coke
- 37.5km Tafelberg Rd (160) WATER ONLY
- 42km Signal Hill (28) - Supplementary nutrition, water, coke

OUTSIDE ASSISTANCE

Outside assistance is only allowed within 200m radius of the following designated aid station locations:

- 37.5km Tafelberg Rd (160)
- 42km Signal Hill (28)

If you are observed & reported as receiving outside assistance at any other location, you may be disqualified. Please note that only stationary outside assistance is allowed within the 200m zone, no shadow runners or pace setters allowed.

ROUTE

ROUTE

While the route is fully marked, Table Mountain National Park is a public space with all manner of opportunity for course markers to be tampered with. There will be pre-race runners checking the route but PLEASE familiarise yourself with the race route by downloading the GPX files from the website.

MAJOR ROAD CROSSINGS

There are several major road crossings. While these will be managed by marshals and traffic police, please use your own common sense and follow the instructions of the marshals at all times. You are responsible for your own safety.

ROUTE MARKING

Course marshals will guide you in the city sections. All course junctions and course splits will be marked using A4 trail run boards (red arrow on a yellow background). Course split boards will read 46km, 22km or 11km.

The trails between marker boards will be marked at regular intervals with fluorescent orange marker flags. It is your responsibility to know and follow the route.

CUT-OFF TIMES

Cut-off times are entirely necessary, that ultimately are imposed to protect the integrity of the safety plan for all participants & support crew. Cut-off times are generous and in keeping with being as inclusive as possible of all abilities - but there has to be a limit set, over which time will only exacerbate the risk. The following cut-offs will be enforced:

| EVENT | POINTS ON ROUTE | CUT-OFF TIMES |
|-------|---------------------------|---------------|
| 46km | Cecelia Trail Head (22km) | 11:30 |
| | Tafelberg Road (37.5km) | 14:40 |
| | Finish | 16:00 |
| 22km | Finish | 11:45 |

