DOWN RUN - 10TH JUNE 2018

THE ULTIMATE HUMAN RACE

ASIJIKI
NO TURNING BACK

THE FULL FIGURE OF HERMES, HEAD OF HERMES AND THE WORDS "COMRADES AND "COMRADES MARATHON" ARE REGISTERED TRADEMARKS OF THE COMRADES MARATHON ASSOCIATION. RUN UNDER THE RULES OF IAAF, ASA AND KZNA
### PERSONAL INFORMATION

<table>
<thead>
<tr>
<th>ChampionChip No.</th>
<th>Home Language</th>
<th>Date of Birth</th>
<th>Gender</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>C</td>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>ID / Passport No.</td>
<td></td>
<td></td>
<td>C</td>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>Surname</td>
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<td></td>
<td></td>
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<tr>
<td>First Name</td>
<td></td>
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</tr>
</tbody>
</table>

If not a SA Citizen, do you have a Permanent Resident Permit? YES NO

<table>
<thead>
<tr>
<th>Permanent Resident Number</th>
<th>Postal Address</th>
<th>Tel Home</th>
<th>Postal Code</th>
<th>Tel Work</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

Electronic Address (Confirmation of Entry will be sent to this address)

<table>
<thead>
<tr>
<th>Cellular (SMS Confirmation of Entry will be sent to this number)</th>
<th>Occupation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

Running Shoe Brand

<table>
<thead>
<tr>
<th>Adidas</th>
<th>Asics</th>
<th>Brooks</th>
<th>Mizuno</th>
<th>New Balance</th>
<th>Nike</th>
<th>Puma</th>
<th>Reebok</th>
<th>Saucony</th>
<th>Other</th>
</tr>
</thead>
</table>

### MEDICAL

Do you have any allergies? YES NO

<table>
<thead>
<tr>
<th>Please Specify</th>
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<tbody>
<tr>
<td></td>
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</table>

Special medical conditions / medication YES NO

<table>
<thead>
<tr>
<th>Please Specify</th>
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<tbody>
<tr>
<td></td>
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</table>

Medical Aid YES NO

<table>
<thead>
<tr>
<th>Name</th>
<th>Medical Aid No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Emergency Contact Person

| Contact Number | |
|----------------| |
|                | |

### CLUB & QUALIFYING DETAILS

Athletic Club (in full)

<table>
<thead>
<tr>
<th>Athletic Province</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

YOU MUST SUBMIT YOUR 2018 LICENCE NUMBER BY 2 MAY 2018. FAILURE TO SUBMIT YOUR 2018 LICENCE NUMBER WILL RESULT IN A REJECTED ENTRY.

<table>
<thead>
<tr>
<th>Have you qualified?</th>
<th>License Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td></td>
</tr>
<tr>
<td>NO</td>
<td></td>
</tr>
</tbody>
</table>

YOU MUST SUBMIT YOUR ENTRY FORM BEFORE ENTRIES CLOSE BUT YOU HAVE UNTIL 2 MAY 2018 TO SUBMIT YOUR QUALIFYING DETAILS. FAILURE TO SUBMIT YOUR QUALIFYING DETAILS WILL RESULT IN A REJECTED ENTRY. (SEE QUALIFYING RACE ON THE NEXT PAGE FOR MORE DETAILS)

Name of qualifying race

<table>
<thead>
<tr>
<th>Time</th>
<th>H</th>
<th>H</th>
<th>M</th>
<th>M</th>
<th>Distance</th>
<th>42.2km or longer (give distance)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>

I will collect my race number and goodie bag in

<table>
<thead>
<tr>
<th>Durban</th>
<th>Pietermaritzburg</th>
</tr>
</thead>
</table>

### PAYMENT

**Early Bird Entry Fee South Africa & ROA**

1 (September to 30 September 2017)

R 460.00

**Normal Entry Fee South Africa & ROA**

1 (October to 30 November 2017)

R 500.00

**International Entry Fee (Bus tour not included)**

R 3,300.00

**VOLUNTARY DONATION (MARK ONE BLOCK WITH AN X)**

<table>
<thead>
<tr>
<th>CHOC (Childhood Cancer Foundation of South Africa)</th>
<th>Community Chest Durban &amp; Pietermaritzburg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hillcrest AIDS Centre Trust</td>
<td>Hospice Palliative Care Association of South Africa</td>
</tr>
<tr>
<td>World Vision South Africa</td>
<td>Wildlands Conservation Trust</td>
</tr>
<tr>
<td>Charity Donation</td>
<td></td>
</tr>
<tr>
<td>Bus Tour (International Only) Max 3 people</td>
<td></td>
</tr>
<tr>
<td>R 500.00 per person</td>
<td></td>
</tr>
</tbody>
</table>

**Order ChampionChip**

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>R 150.00</td>
<td></td>
</tr>
</tbody>
</table>

**Total Amount**

R

### WAIVER, INDEMNITY AND CONSENT

Release and Waiver: I warrant that I am in good health, physically fit and have sufficiently trained to participate in this endurance event. I agree to comply with the rules, conditions and regulations for this event, which include the payment of the entry fee. I hereby release and discharge the organizers of the Comrades Marathon, all sponsors, volunteer groups, medical personnel, and any and all local authorities, from any loss or damage, however caused, arising from my participation in the event, including pre-race and post-race activities. This waiver applies to my executors, my heirs, administrators, assigns and myself. I undertake not to exhibit or wear any advertising material or logos contrary to the rules of IAAF, ASA, KZNA and CMA. I also grant my permission to the Comrades Marathon or its agents, in terms of Section 51 of the Electronic Communications Transactions Act 25 of 2002, to use my name, race information and any photographs, video tapes, broadcast and/or telecast footage in which I may appear, for whatever use, at no charge. By entering the Comrades Marathon and starting the race I conform to, adhere and abide by the rules and regulations as set out by the CMA. The CMA WILL NOT TOLERATE CHEATING IN ANY FORM, and has the right to declare your 2018 result null and void as well as applying an automatic 2 year exclusion on you from entering or participating in the 2019 and 2020 Comrades Marathons should you be found to have cheated, in any form. Your entry will be rejected if any fields on this form are not fully completed.

Signature of Entrant: ____________________________

Date: ______________________________

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For accommodation specials visit the Tsogo Sun website: www.tsogosun.com

For car rental specials visit the Budget website: www.budget.co.za
DATE AND TIME OF RACE
The race will be run on Sunday, 10 June 2018 starting at 0530 and finishing at 1730. The race is run from “gun to gun”

ROUTE & DISTANCE
It is a “DOWN RUN” starting at the City Hall in Pietermaritzburg and finishing at Moses Mabhida Stadium in Durban. The race distance is approximately 89km. The distance is subject to change and will be confirmed in the final race instructions.

ENTRY FEES
Entry Fee for South African Entrants and Rest of Africa (1 September 2017 to 30 September 2017) is R460.

QUALIFYING RACE DISTANCE

<table>
<thead>
<tr>
<th>Qualifying Race</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Batch 1</td>
<td>42.2 km</td>
<td>04:59:59</td>
</tr>
<tr>
<td>Batch 2</td>
<td>48 - 50 km</td>
<td>05:59:59</td>
</tr>
<tr>
<td>Batch 3</td>
<td>52 - 54 km</td>
<td>06:29:59</td>
</tr>
<tr>
<td>Batch 4</td>
<td>56 km</td>
<td>06:59:59</td>
</tr>
<tr>
<td>Batch 5</td>
<td>60 km</td>
<td>07:39:59</td>
</tr>
<tr>
<td>Batch 6</td>
<td>64 km</td>
<td>08:19:59</td>
</tr>
<tr>
<td>Batch 7</td>
<td>68 km</td>
<td>08:59:59</td>
</tr>
<tr>
<td>Batch 8</td>
<td>72 km</td>
<td>09:59:59</td>
</tr>
<tr>
<td>Batch 9</td>
<td>76 km</td>
<td>10:59:59</td>
</tr>
</tbody>
</table>

That you send your entries by registered post. Please keep a copy of your entry form, registered post receipt and deposit slip. Should there be any issues with the non-delivery of your entry we will reissue a copy from you.

4. DIRECT DEPOSIT
Runners may pay their entry fee by DIRECT DEPOSIT into a Nedbank branch and post their entry form and original deposit slip to CMA.

Bank details are: Nedbank, Branch Code: 130526, Account No. 1305840559.

SEEDING BATCH
All runners will be seeded according to their qualifying times. Runners who have improved their qualifying times after entry may upgrade their seeding by entering the 2017 number and their qualifying time into their registration details on the Comrades Marathon website. Entrants without a deposit can contact the CMA and supply their qualifying details to upgrade their seeding. All qualifying details must be checked and signed off by your club chairperson or licensing officer.

ENTRY PERIOD
Entries open on 1 September 2017 and close on 30 November 2017. There will only be one entry period for all athletes to enter whether they are former Comrades runners, Novices, Rest of Africa or International.

HOW TO ENTER

1. ONLINE ENTRIES

Any irregularities in your entry form will result in a rejected entry. All entrants must be 20 years or older on the day of the qualifying race (ASA RULE 20).

RESTRICTION OF ENTRY

The Comrades Marathon is restricted to club registered runners only. All participants must be 2018 licensed by their respective Federations. The domicile rule will be strictly enforced. No athlete may run for a club other than a club registered in the Province in which they are domiciled unless they are registered on the current ASA National List. Athletes will not be in possession of their 2018 licenses at the time of entry. They will be allowed to enter, however MUST submit their club name and license number to CMA no later than 10h00, 1 May 2018. Failure to submit these details will result in the entry being rejected.

QUALIFYING RACE
All qualifications must comply with the ASA, technical standards and the Comrades Marathon qualifying criteria. You must submit your club name, license number and qualifying details by no later than 02 May 2018. This can be done either by email, contacting the CMA office or updating your details online. Qualifying details will be checked by the Comrades Marathon office. Failure to meet the qualifying criteria will result in your entry being rejected. No seeding upgrades will be accepted on or after 02 May 2018 and particular at registration. Therefore, please note that you will not be able to participate and your details will be removed from our database, means that you will NOT receive a goodie bag or runner’s t-shirt.

QUALIFYING RACE
A qualifying race must be completed by 27 August 2017 and 02 May 2018 and the details submitted / updated to the organisation. NOTE THAT A 2017 OFFICIAL COMRADES FINISH CAN NOT BE USED AS A QUALIFIER TOWARDS 2018.

NOTE: THE CMA WILL VERIFY YOUR QUALIFICATION AND LICENSE DETAILS WITH YOUR CLUB REPRESENTATIVE TO ENTER THE EVENT

QUALIFYING RACE
1. ONLINE ENTRIES

Please use your ID Number as the reference number on the deposit slip.

POST THE ORIGINAL DEPOSIT SLIP WITH YOUR ENTRY. NO PHOTOCOPIES WILL BE ACCEPTED.

KEEP A COPY OF YOUR ENTRY FORM.

PLEASE DO NOT DUPLICATE YOUR ENTRY.

NO FAX, E-MAIL OR LATE ENTRIES WILL BE ACCEPTED.

ENTRY FEES ARE NOT REFUNDABLE.

HOW TO ENTER

1. ONLINE ENTRIES

Entries will be limited to a maximum of 20,000 and no extensions will be granted. Entries will close on 30 November 2017 or once the 20,000 entries have been received (i.e. 20,000 entries are received by 15 November 2017 then no further entries will be accepted). Current and potential Comrades Marathon runners who wish to enter in 2018 are urged to take careful note of the entry process and the cut-off date.

No entries will be taken in 2018.

Total number of entries will be capped at 20,000.

2. DROP-OFF POINT

Hand deliver your entry to the CMA House in Pietermaritzburg (Visa / MasterCard). Online entries will open at 8:00am on 01 November 2017.

In a case where a foreign athlete is entered through a South African Club, athletes must note that in order to participate in the event, they will NOT be in possession of their 2018 licenses at the time of entry. They will be allowed to enter, however MUST submit their club name and license number to CMA no later than 10h00, 1 May 2018. Failure to meet the qualifying criteria will result in your entry being rejected. No seeding upgrades will be accepted on or after 02 May 2018 and particular at registration. Therefore, please note that you will not be able to participate and your details will be removed from our database, means that you will NOT receive a goodie bag or runner’s t-shirt.

The Ironman seeding table can be downloaded from our website www.comrades.com.

No upgrade of seeding will be permitted after 2 May 2018.

RUNNING KIT, SPONSORSHIP & ADVERTISING
Athletes must comply with ASA Rule 3, IAAF Rule 8 and 143. In accordance with the ASA Road Race Rules, athletes will not be allowed to use their club colours, as officially registered with their provincial bodies.

The TWO OFFICIAL 2018 COMRADES MARATHON BONITAS RACE NUMBERS MUST BE WORN ON THE FRONT AND BACK OF YOUR UPPER BODY GARMENT THROUGHOUT THE RACE. FAILURE TO COMPLY WITH THIS RULE WILL RESULT IN DISQUALIFICATION.

Runners must familiarize themselves with and abide by the advertising rules as per the IAAF and ASA rules and regulations. These regulations also apply to any runner who will be wearing a ChampionChip when collecting their race pack. All runners are required to wear a ChampionChip timing device on their shoes for the duration of the race. The chip must be registered in the runner’s name and NOT belong to someone else. Wearing another athlete’s ChampionChip will lead to disqualification.

NO CHIP, NO RESULTS, NO RUN, NO EXCEPTION.

For more information contact their ChampionChip on +27(0)810110963 or visit their website www.championchip.co.za.

The Comrades Marathon website www.comrades.com by viewing the “Startlist” tab and choosing the “Front” and “Back” of your Upper Body garment.

The stand and hand rule applies in accordance with the ASA running rules and regulations. These provisions apply for the duration of the event including warming up, all race ceremonies and official press conferences. Under no circumstances may a runner display a political slogan in any matter or form (ASA Rule 144).

SECONDING/PHYSICAL ASSISTANCE
The no mobile seconding rule will be very strictly enforced. No seconds may drive, cycle or run alongside any athlete on the route. The stand and hand rule anywhere on route will apply, whereby a runner’s second may stand and hand refreshments while they remain stationary. No seconds may travel on the route. No pacing will be permitted. Any transgressions will lead to disqualification. Any athlete being found carried along the route and/or before the finish line will be liable for disqualification. (IAAF Rule 144).

ACKNOWLEDGEMENT OF ENTRY
Entries can be confirmed on the Comrades Marathon website using an activation key. The activation key is found on the “Startlist” tab on the Comrades Marathon website www.comrades.com or Driver’s License. Along with your race entry confirmation.

Follow the “Startlist” tab on the Comrades Marathon website www.comrades.com by viewing the “Startlist” tab and choosing the “Front” and “Back” of your Upper Body garment.

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NUMBER COLLECTION
You must collect your (2) Comrades Marathon Bonitas race numbers, FREE runner’s t-shirt and Goodie Bag from the venue you have indicated on your entry form. Should you have placed an order for a ChampionChip with your entry form, the chip will be in your race number pack and can ONLY be collected from the registration venue you have indicated.

The ChampionChip ordered with the entry form will NOT be issued before registration dates. Should you wish to upgrade your chip for qualifying races before the Comrades Marathon, please contact ChampionChip directly. These items will not be posted to you. It is important to note the following when collecting your race number package:

- All runners MUST produce their ChampionChip when collecting the chips.
- All runners MUST provide proof of identity to collect their race number pack e.g. ID book, Passport or Driver’s License. Along with your race entry confirmation.
REGISTRATION VENUE

DURBAN
Durban Exhibition Centre
Walnut Road
Durban

PIETERMARITZBURG
Comrades Marathon House
18 Connaught Road
Scottsville
Pietermaritzburg

DATES & TIMES

Thursday 07 June 2018
10h00 – 19h00

Friday 08 June 2018
09h00 – 19h00

Saturday 09 June 2018
09h00 – 17h00

If you are unable to collect your race number package, a third party can collect this on your behalf providing they have a printed copy of Acknowledgement of Entry, the athlete’s ChampionChip as well as a letter of authorization from the entrant. The person collecting the race number package must have identification.

Runners may not claim their registration package after registration closes. These items will not be posted to you and no refunds will be processed.

BUS TICKETS

Bus tickets from Durban to the start in Pietermaritzburg and from the finish in Durban back to Pietermaritzburg after the race will be available for sale only at the Expo Bus Ticket Kiosk prior to the race. No tickets will be available on race day.

INTERNATIONAL BUS TOUR

Bus tour tickets are NOT included in the international entry fee. The tour is limited to a runner and two guests. Tours can be booked with your entry. Tour tickets will be allocated on a first come first serve basis. The cost of the bus tour is R500.00 per person.

TIME LIMITS & CUT-OFFS

The race is run from “gun to gun”. The cut-off times for

TIME LIMITS & CUT-OFFS

Thursday 07 June 2018
10h00 – 19h00

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TIME LIMITS & CUT-OFFS

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Friday 08 June 2018
09h00 – 19h00

Saturday 09 June 2018
09h00 – 17h00

Please note that these times and positions are subject to change should the organisers deem it necessary. The final cut-off is at 12 hours (17h30) if you have not reached the finish, you must leave the route and retire from the race immediately.

FINAL RACE INSTRUCTIONS

Your Final Race Instructions form part of the rules of the race and will be included with your race number.

AWARDS & INFORMATION

GENERAL AWARDS

Badges and Medals will be awarded to all official finishers who complete the full distance within the 12-hour cut-off.

MEDALS

Gold  1st Men and Women
Wolly Hayward

Silver  2nd Men and Women
Shane
6hrs 20min to sub 7hrs 25min

Bronze  3rd Men and Women
Bill Rowan
7hrs 30min to sub 8hrs 15min

Vic Clapham
1hrs 10min to sub 1hrs 25min

PRIZE MONEY

The prize money for the winners is R4 000,00 per category.

TEAM COMPETITION

All team prizes will be calculated on the combined times of the first 4 club members in Open (20 – 39 years) category and the first (3) club members to finish in the 40+ category. An athlete must provide positive identification to verify proof of age. These rules apply to both individual and team categories.

TEAM PRIZE

TEAM PRIZE

SOUTH AFRICAN RUNNERS

The first South African (man and woman) to complete the event will each receive a cash payment of R200,000.00.

KWAZULU-NATAL ATHLETES

The first KwaZulu-Natal (man and woman) to complete the event will each receive R45,000.00 from the KwaZulu-Natal Department of Sport and Recreation. A KwaZulu – Natal athlete shall be defined as an athlete domiciled in the province of KwaZulu – Natal, and licensed by KwaZulu – Natal Athletics, but includes any athlete domiciled in the province of KwaZulu-Natal Department of Sport and Recreation.

This race is run under the rules of IAAF, ASA, KZNA & CMA.