

Ladismith Cheese

7WEEKSPOORT

TRAIL RUN

RACE RULES

2019

LADISMTIH CHEESE 7WEEKSPOORT TRAIL RUN – RACE RULES

1. Doping Offences

1.1 Any amateur or professional athlete under sanction from their federation or national anti-doping authority after 1 January 2016 will be banned for life from competing in the Rhodes Dryland Traverse.

1.2. The organizers also reserve the right to refuse any athlete (professional or amateur), which was under sanction from their federation or national anti-doping authority before 1 January 2016, to compete in the Rhodes Dryland Traverse.

2. Runners

2.1 Runners will compete in 2 categories namely:

- Solo Men
- Solo Women

3. Equipment (Recommended)

- Buff/Hat
- Sensible clothing
- Lip ice
- Sunscreen

4. Hydration & Nutrition

4.1 Runners are responsible for their own hydration & nutrition.

4.2 Water & energy drinks will be supplied at the water stations.

5. Identification

5.1 The race number of the runner must be displayed clearly and fixed according to specifications.

5.2 Race numbers may not be altered with, or any of the sponsors' logos obscured in any way.

6. Medical

6.1 The race doctor and his medical team reserves the right to prevent any runner from continuing the race if it deems necessary. Their decision is final.

6.2 The medical team will be available to assist with strapping but runners will have to buy the necessary tape and plaster from the race office.

7. Timekeeping

7.1 The race starts at 07:00 sharp. If any start times have to be changed, notice hereof will be conveyed at the compulsory race briefing.

7.2 Runners will not be allowed to start late – everyone starts together.

7.3 The race cut off will be announced before the start.

8. Cut off times and withdrawals

8.1 Cut off times are very generous allowing even the back markers to easily finish.

- The race organizers still reserve the right to extend the cut-off times during the race at their discretion.

8.2 Any withdrawals have to be communicated to the race office immediately.

8.3 A runner that withdraws during the race must please convey his/her intentions to the nearest marshal.

8.4 A sweep vehicle will transport all withdrawals to the stage finish venue.

9. Traffic rules

9.1 General traffic rules apply on public roads.

9.2 The Ladismtih Cheese 7Weekspoort Trail run does not have any road closure, so please adhere to above (12.1) rules.

10. Water points

10.1 The exact location of the water points will be advertised in advance.

11. Support

11.1 Medical assistance will be supplied en-route in the form of medical officers and at water points.

11.2 We do not allow assistance to any runner from anyone outside of the race; that being in the form of medical, nutritional or technical assistance.

11.3 Outside assistance is only allowed at the designated spectator points.

11.4 No other seconding vehicles other than that of Ladismtih Cheese 7Weekspoort Trail run are allowed on the route. If any non-official seconding vehicle can be linked to a specific runner, it will result in a time penalty, with a second offence resulting in immediate disqualification.

12. Runner etiquette

12.1 The integrity of each runner is relied upon with regards to staying on the course and competing within the rules.

12.2 If a runner leaves the course, for whatever reason, he has to enter the course at the exact same spot he exited it.

12.3 Basic runner etiquette applies at all times, not bringing the sport in disrepute.

12.4 We travel through ecologically sensitive areas and persistent littering will result in disqualification. Any form of littering will result in fines imposed.

12.5 Keep all your rubble for the water points where race officials will erect disposable bag stands.

Please note that the win is provisional until all winning criteria are met which includes compliance to the event rules and regulations. To be in contention for the stage prize money, the team has to finish the race. The final decision lies with the race organizers. Attendance for the final prize giving is compulsory if you wish to receive your prize money. ** Race rules may be changed without notice.*