

*Ladismith Cheese*  
**7WEEKSPOORT**  
TRAIL RUN

**RACE** **RULES**

## **LADISMTIH CHEESE 7WEEKSPOORT TRAIL RUN – RACE RULES**

### **1. Doping Offences**

- 1.1 The race organisers reserve the right to test all riders for doping and/or the use of any illegal substances.
- 1.2 Any person who is under provisional or final sanction by an Anti-Doping Organisation with jurisdiction under the WADA Code (“a person under sanction”) is prohibited from participating or being involved in the race, whether as a rider, team manager or official or in any other capacity whatsoever. Any such sanction, in place by 1 January 2016 irrespective of when the offense was committed, shall apply for the life of the person under sanction (irrespective of the duration of the sanction imposed by the relevant Anti-Doping Organisation).
- 1.3 Where any such sanction has been made final for an offence committed after 1 January 2016, such prohibition shall also apply for the life of the person under sanction (irrespective of the duration of the sanction imposed by the relevant Anti-Doping Organisation).
- 1.4 Should the race organisers only become aware that any rider, team manager or official is a person under sanction after having accepted such rider’s entry and/or team manager or official’s participation in the race, such entry or right of participation shall immediately be cancelled.
- 1.5 The organisers also reserve the right to refuse any athlete (professional or amateur), whom was under sanction during any part of their career, to participate in the race.
- 1.6 Should any athlete under sanctioning, as stated in points 2 and 3 above, participate in the race and the organiser is not aware of the status of the athlete, then all prize monies and/or any prizes received must be returned to the organiser within 7 days of such request.

### **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. Substitutions**

7.1 Rider substitution will be allowed until 23 September 2020 but the new rider will receive the apparel order from previous rider if the substitution was done after the apparel date (Please refer to website for dates).

7.2 Seeding will be done on fully paid entries one-month prior to race start date, any new rider substitutions after this date will have to start in the previous participants seeded batch.

7.3 Any rider changes will carry an admin fee of R100-00.

7.4 There will be no substitutions once entries have closed, thereafter substitutions will only be allowed on registration day at the full price listed on the website and will only take place under the adherence of the policies stated here.

## **8. Cancellations**

8.1 Cancellation refund of **75%** of the fully paid entry will be given until 2 April 2020.

8.2 Cancellation refund of **50%** of the fully paid entry will be given between 3 April 2020 until 2 July 2020. No cancellation refund will be allowed after this date.

8.3 No transfers allowed.

### **8.4 NO EXCEPTIONS (INCLUDING MEDICAL).**

## **9. Timekeeping**

9.1 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.

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

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

## **10. Cut off times and withdrawals**

10.1 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.

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

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

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

## **11. Traffic rules**

11.1 General traffic rules apply on public roads.

11.2 The Ladismtih Cheese 7Weekspoort Trail run does not have any road closure, so please adhere to the rules.

## **12. Water points**

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

## **13. Support**

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

13.2 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.

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

13.4 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.

## **14. Runner etiquette**

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

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

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

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

14.5 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.*

## **15. Force Majeure**

15.1 Dryland Event Management reserves the right to suspend or terminate the performance of its obligation to host the event if circumstances beyond our control arise, making performance

inadvisable, impracticable, illegal, dangerous or impossible. This includes forces of nature (extreme weather conditions) as well as national and global medical emergencies (pandemic outbreak).

15.2 In the event of the above, Dryland and its partners will do everything in its power to postpone an event to a suitable date within a reasonable time. If the postponement is not an option or impossible to execute, then cancellation will apply. Please note there will be no refunds for a *Force Majeure*, which includes entry fees, optional extras or costs (e.g. flights and accommodation etc.) incurred outside of the actual event.