

**South Coast Striders**  
**Athletics Club**



Present the

**Hibiscus Coast**  
**ULTRAMARATHON**  
**2015**



SUNDAY 26<sup>TH</sup> APRIL 2015 AT 6am

**START & FINISH:**

**SOUTHCITY CHRISTIAN SCHOOLS, RAMSGATE (inland)**



Qualifier

**SINGLE LAP**

**CONTACT INFO** Debbie Ridley 082 441 5370 (email: [ridley@telkomsa.net](mailto:ridley@telkomsa.net))

**Download entry:** [www.southcoaststriders.co.za](http://www.southcoaststriders.co.za)

## **RULES, INSTRUCTIONS AND INFORMATION**

1. All participants for the marathon must be 20 years or older and 16 years for the 21.1km on the day of the race.
2. All participants for the marathon must wear correct club colours with 2015 license numbers on the front and back (or temporary number on the front) of their vest/crop top/T-shirt. The license numbers are not to be worn on shorts.
3. Post-dated cheques and postal orders are not accepted.
4. Monies are not refundable for non-participation in the event for whatever reason.
5. Entries may not be exchanged.
6. Results will be available after the event on <http://www.finishtime.co.za/>. **Please be aware that if your timing chip is obscured, you will not receive a result.**
7. Temporary licenses are available at R30 for the marathon and Half Marathon
8. All participants must wear their race number on front of the vest/crop top/T-shirt.
9. The marathon is run in strict accordance with the rules of the IAAF, Athletics South Africa and KwaZulu-Natal Athletics.
10. **Age category identification (35, 40, 50, & 60 and Junior badges must be worn on the front and back of your vest/crop top/T-shirt and must be clearly visible in order to qualify for the age category prizes in the event in which you are entered.**
11. Refreshment tables will be provided and no personal seconding, except stand and hand, will be permitted. Second's vehicles will not be permitted to follow the participants.
12. Prize giving will take place at 10:00 for the 21.1km and 12:15 for the 48km.
13. Pre-entries are open and close at midnight on 13/04/2015.
14. Entries will be taken at Shelly Centre (Marine Drive, Shelly Beach) from 9am-12pm on Saturday, 25<sup>th</sup> April 2015, and at Southcity Christian Schools from 1pm to 4pm on Saturday. Late entries will be taken on race day, Sunday from 04:30 to 05:30 at Southcity Christian Schools in Ramsgate.
15. No queries will be attended to on race day after 5:30am.
16. Time limit for the marathon is 6,5 (six-and-a-half) hours and **6 hours to qualify for Comrades.**
17. All participants who have not completed the race by 12.30pm will be taken off the road.
18. ASA Licensed athletes are covered by limited ASA insurance. Refer to KZNA on 031-3129374 for further details.
19. All foreign athletes must comply with the IAAF rule 4, paragraph 2 & rule 142.
20. All marshals, race officials, SA Police & SANDF members & traffic officials MUST be obeyed. Your safety is paramount to us.
21. **NO alcohol may be brought to the finish area. Food and drinks will be on sale from both City Café as well as from Matric Dance Fundraising committee. Please support these facilities.**
22. All entrants are required to agree to the indemnity, and to sign this on the entry form.
23. T-shirts are only guaranteed to pre-entries. Medals to all finishers within 6,5 hours.
24. You may enter for the 48km and change to the 21.1km en route but will not qualify for any prizes.
25. Only 48km entrants will be allowed to compete this 48km distance and must be affiliated to a running club and in possession of a 2015 license. **Failure to comply with this will lead to disqualification.**
26. Route map available on website, [www.southcoaststriders.co.za](http://www.southcoaststriders.co.za)
27. Please check our Facebook page for the most up-to-date information:  
<https://www.facebook.com/hibiscuscoast48kmultramarathon>

**Directions to start/finish venue:** Southcity Christian Schools (Corner Alford Avenue & Old Main Road, Ramsgate)

**From the North:** Durban/Margate side, on either R61 (toll road) or Marine Drive (coastal road), take the Alford Road/Ramsgate turnoff. Turn right at stop street if on R61 or at robot if on Marine Drive. School at the top of the hill, but please watch for car attendants who will direct you to demarcated parking areas.

**From the South:** Port Edward side, on either R61 or Marine Drive, take the Alford Road/Ramsgate turnoff. Turn left at stop street if on R61 or at robot if on Marine Drive. School at the top of the hill but please watch for car attendants who will direct you to demarcated parking areas.

Accommodation available at the Fairhills Caravan Park in Ramsgate (approximately 2km from Southcity Christian Schools), with FREE transport on the morning of the race to the venue included. For further details contact Richard on 082 210 8853 or Samantha on 072 139 7608.

**Prize money**

	Marathon: 48km		Half Marathon: 21.1km	
Open	Men	Women	Men	Women
1 <sup>st</sup>	R2 500	R2 500	R250	R250
2 <sup>nd</sup>	R1 500	R1 500	R200	R200
3 <sup>rd</sup>	R1 000	R1 000	R150	R150
4 <sup>th</sup>	R700	R700		
5 <sup>th</sup>	R600	R600		
6 <sup>th</sup>	R500	R500		
7 <sup>th</sup>	R400	R400		
8 <sup>th</sup>	R300	R300		
9 <sup>th</sup>	R200	R200		
10 <sup>th</sup>	R100	R100		
35-39	R400	R400	R150	R150
40-49	R400	R400	R150	R150
50-59	R400	R400	R150	R150
60+	R400	R400	R150	R150
Junior				R150

**Sponsors:**



**ENTRY FORM: Hibiscus Coast 48km Ultra Marathon – 26<sup>th</sup> April 2015**

**Mark clearly with an “X” your race entry and T-shirt size**

Entry Fees:	48km	48km 60+	21.1km	21.1km 60+	6.5km
Start	6am	6am	6.15am	6.15am	7am
Pre-entry	R160____	R110____	R90____	R60____	R30____
<i>Pre-entries close 13/04/2015</i>					
Late Entry	R180____	R130____	R100____	R70____	R40____
Temp Licence	R30____	R30____	R30____	R30____	
<i>Competitors in the 48km must have valid 2015 licence and club membership</i>					
Cut off (for medals)	6,5 hours		3,5 hours		1,5 hours
<i>Pre-entries only for the 21.1km and 48km will receive T-shirts</i>					
T-Shirt Size	Small __	Medium __	Large __	X large __	XX Large __

**Entry Procedure:**

Please do an EFT (electronic funds transfer) or direct deposit into the following account:

**Account Name:** South Coast Striders, **Bank:** Nedbank, **Branch:** Shelly Beach 139728, **Account Number:** 1397026200.

Please use Identity Number and Name as a reference. Fax entry form and proof of payment to 0865465323 or e-mail entry form and proof of payment to [ridley@telkomsa.net](mailto:ridley@telkomsa.net). Contact: Debbie Ridley: 082 441 5370.

**Entrant Details:**

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

ID No: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Cell No: \_\_\_\_\_ Club: \_\_\_\_\_

2015 License No.: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Gender: Male: \_\_\_\_\_ Female: \_\_\_\_\_

Age Category: Open \_\_\_\_ 35-39: \_\_\_\_ 40-49: \_\_\_\_ 50-59: \_\_\_\_ 60+: \_\_\_\_ Junior (19 & younger) \_\_\_\_

**INDEMNITY**

I am medically fit to run and fully understand that I enter at my own risk. I accept that the organizers, their sponsors, hosts and officials cannot be held responsible for any loss or injury during or as a result of the event, or for any loss or damage to property on the course or Southcity Christian Schools.

These events are run in accordance with the rules of the IAAF, Athletics South Africa and KwaZulu-Natal Athletics. All foreign athletes must comply with IAAF rule number 4 paragraph 2 and rule 142.

Late entries on Saturday 25/04/2015 from 9am–12pm at Shelly Centre and Southcity Christian Schools from 1pm to 4pm.

Entries taken on race day at Southcity Christian Schools from 4:30am until 5:30am. Tog bag facilities available.

Signature: ..... Date: .....