



# TRAIL MARATHON & 22KM TRAIL RUN

16 OCTOBER 2021

## FINAL RACE INSTRUCTIONS



**Congratulations! 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

One race number has been issued. Please wear the Sanlam Cape Town Marathon Trail race number on the front of your running shirt.

## THE START

We moved the start line to Fritz Sonnenberg Rd, but trail runners will enter the start area from the Green Point Stadium Parking Area in Vlei Rd (P4). Screening will also take place in this area. You will be pre-loaded into your start batch once it is time for your group to start.

There will be a check in time and start time printed on the front of your race pack envelope. The check in time is when you need to be at the start venue, hand in your tog bag and get ready to load with your group. Check in time is on average 45 minutes to one hour prior to your start time. Note, however, that Kit Check will take place between 04:30 and 05:30; please ensure enough time for this.

## START TIMES

46KM starts at **05h45**

22km start at **06h30**

## COMPLIMENTARY COFFEE!

Have a free coffee on us. Vida e Caffè will have 12 coffee stations at the start.

## START AND FINISH ACCESS - RUNNERS ONLY

Only runners wearing a valid 2021 Sanlam Cape Town Marathon Trail race number will be given access to the start and finish areas in the Cape Town Stadium precinct. Unfortunately, due to COVID restrictions no spectators will be allowed.

## COMPULSORY KIT

All 46km runners will be required to carry certain compulsory kit items. This will be checked at the start from 04:30 to 05:30.

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.

CATEGORY	WEATHER A	WEATHER B	PENALTY
CATEGORY 1	<b>Windbreaker</b> <b>Mobile phone</b> (fully charged + event emergency number programmed 021 430 7374)	<b>Waterproof &amp; breathable rain Jacket, with hood.</b> (NO plastic bags, ponchos, PVC or rubberised jackets will be acceptable) <b>Mobile phone</b> (fully charged + event emergency number programmed 021 430 7374)	<b>Disqualification</b>
CATEGORY 2	<b>Buff</b> or similar <b>Space Blanket</b> (minimum 2mx1m) <b>Whistle</b> <b>Basic &amp; essential first aid</b> (minimum: 1x Cohesive bandage 75mm x 4.5m, 1x First Aid Dressing #2)	<b>Buff</b> or similar <b>Beanie</b> or similar <b>Space Blanket</b> (minimum 2mx1m) <b>Whistle</b> <b>Basic &amp; essential first aid</b> (minimum: 1x Cohesive bandage 75mm x 4.5m, 1x First Aid Dressing #2)	<b>30min time penalty per item</b>
CATEGORY 3	<b>Emergency Race nutrition:</b> Minimum 400 Kcal worth (e.g. 2x energy bars of 65g each) <b>1 litre water</b> (carrying capacity)	<b>Emergency Race nutrition:</b> Minimum 400 Kcal worth (e.g. 2x energy bars of 65g each) <b>1 litre water</b> (carrying capacity)	<b>15min time penalty per item</b>
NECESSARY	<b>Own cup (150ml)</b>	<b>Own cup (150ml)</b>	<b>Self imposed penalty as there will be no cups at aid stations</b>



## TIMING

Your FinishTime timing chip is attached to your race number. Please do not fold your race number as it will damage the chip. IMPORTANT! NO CHIP NO RESULT.

## SECURE TOG BAG FACILITY

The Tog Bag facility will be on the Shared Fields in Vlei Rd, right opposite the gate to the start chutes. Your bag will be labelled, 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 an aid station at the Glen Picnic Site at 7.9km and at Signal Hill which is 14.8km into the race.

The 46km will have an aid station at 22km (Kirstenbosch), 36.5km (Tafelberg Road) and 40.5km (Signal Hill). Solid food will only be available on the 46km route at Kirstenbosch and Tafelberg Road and are meant as supplementary stations to your own racing fuel plan. All items will be wrapped or peelable. You may not depart the aid-station until you have disposed of the wrapper/peel in the bin provided.

## 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 file 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 or 22km.

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-OFFS

Cut-off times are a necessary evil unfortunately, 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:

DISTANCE	CUT-OFF POINTS	CUT-OFF TIME (CLOCK)	CUT-OFF TIME (RUN TIME)
46km	Kirstenbosch Gardens (22km)	11:15:00	05:30:00
	Tafelberg Road (36.5km)	14:15:00	08:30:00
	Finish	15:45:00	10:00:00
22km	Signal Hill (14.8km)	10:00:00	03:30:00
	Finish	11:30:00	05:00:00

0 km 5 km 10 km 15 km 20 km 22 km



Start **22 km Trail Run and 830 m of vert** Finish

## 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 021 430 7374.

## PARKING

Limited parking tickets for Cape Town Stadium will be sold at the Sanlam Cape Town Marathon Expo for R100. Please plan your trip and parking in advance. Do not park illegally or on the race route as your vehicle will be towed away.

## TOILETS

In addition to the public toilet facilities available, there will be portable toilet facilities available at Kirstenbosch (46km) and Signal Hill (46 & 22km). There will also be toilets at the start and the finish venues.

## DO NOT LITTER

Please throw your water and energy sachets in the bins provided, or carry the sachet until you can throw it away. Anyone seen littering will be disqualified in accordance with the Environmental Management Plan approved by SANParks.

## ATHLETE TRACKING SERVICE

Your family and friends won't be able to cheer you, but they can track your progress online by following these easy three steps:

- Step 1:** Download the free tracking mobile app by searching for 'Cape Town Marathon' in your App Store
- Step 2:** Search for your favourite athletes by name and add them to your Tracker
- Step 3:** Once your tracked athletes start their race, you will receive a notification on your device

## PRIZE GIVING

The prize giving ceremony will be limited to the top three men and women.

## VENDORS

There will be food and refreshment vendors at the finish venue.

## 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.

Keep left and pass right when it is safe to do so.

## COVID PROTOCOLS

Masks are compulsory until you start the race. You will be issued with a disposable mask when you finish the race. Please obey all COVID regulation and protocols.

