

Congratulations! You have done the hard work and are almost ready to take on Africa's only Abbott World Marathon Majors candidate. All that's left for you to do is familiarise yourself with the final Race Day guidelines, so you can enjoy your marathon from start to finish.

What's required to start RACE NUMBERS

The Sanlam Cape Town Marathon race number provided must be worn on the front of the vest. Your ASA permanent or temporary license number must be worn on the back of the vest. Race numbers must always be worn unaltered on the upper body clothing (your race vest or shirt), and must be visible for the duration of the race.

TIMING CHIP

The race number incorporates a disposable timing chip. Do not cover, damage or remove the chip. Don't fold the race number as it will damage the chip and mean no result will be recorded. Results will be calculated mat to mat, except for the Elite group that will be gun to mat.

AGE GROUP TAGS

To be eligible for age category awards, appropriate and compliant age category tags must be worn on the front and on the back of your vest, visible for the duration of the race.

Getting to the start on time PARK & RIDE/WALK

Runners who have purchased a Park & Ride ticket would have received this ticket directly from Howler. **Park & Walk is available for free at Battery Park on both Saturday & Sunday, limited to 1700 parking bays.** This is on a first come first serve basis, and on Sunday, runners need to be parked here by 05:00.



BATCH TIMES

Batch	Arrival	Batch Close	Batch Start
Wheelchair			06:10
Elites			06:15
A	05:15	06:00	06:17
B	05:15	06:00	06:19
C	05:15	06:00	06:21
D	05:25	06:10	06:23
E	05:25	06:10	06:25
F	05:25	06:10	06:27
G	05:25	06:10	06:29
H	05:25	06:10	06:31
I	05:25	06:10	06:33
J	05:35	06:20	06:35
K	05:35	06:20	06:37
L	05:35	06:20	06:39
M	05:35	06:20	06:41
N	05:35	06:20	06:43
O	05:35	06:20	06:45
P	05:45	06:30	06:47
Q	05:45	06:30	06:49
R	05:45	06:30	06:51
S	05:45	06:30	06:53
T	05:45	06:30	06:55
U	05:45	06:30	06:57
V	05:55	06:40	06:59
W	05:55	06:40	07:01
X	05:55	06:40	07:03
Y	05:55	06:40	07:05
Z	05:55	06:40	07:07

RACE DAY TRAVEL & PARKING

Please plan your trip and parking in advance. Due to the nature of the marathon route and related road closures, there will be little to no parking - or access to parking - close to the Race Village. If you did not book a Park & Ride / Park & Walk ticket, please plan your trip to the Green Point Precinct in consultation with the road closures as indicated on www.capetownmarathon.com. **Do not park illegally or on the race route as your vehicle will be towed away.**

What to expect at the start

START CHUTES

We moved the start line to Fritz Sonnenberg, but runners will enter the start area from the DHL Stadium Forecourt area in Green Point. **Please arrive at the start at least 45 minutes to an hour before your batch start.** Not all groups will be loaded into their start batches at the same time. The first group - Elite Wheelchair Division, will start at 06h10 with the last group starting at approx. 07h10. You will be pre-loaded into your correct batch in the Start Chute area. *See the Race Village Plan - Runners portal.*

BATCH STARTS

The letter in the **coloured triangle at the bottom of your race number is your start batch.** The front of your race pack envelope will clearly indicate what time your start batch will close and when your batch will start. Allow 45 minutes to an hour to arrive, hand in your tog bag and get into your batch. You must be in your batch before it closes, so please check the closing times carefully.

TOILETS

There will be **toilets next to the Start Chutes**, at the Hydration Stations and on the Finishers Field.

SECURE TOG BAG FACILITY

The Tog Bag facility will be at the start and collection after the race is at the finish village. Your bag will be labelled and you will receive a matching armband. Please don't lose it.

VIRGIN ACTIVE WARM-UP

Our official exercise partner, Virgin Active, invites all runners to get moving in their warm-up zone and win awesome prizes in their activation area.

Marathon route facts

HYDRATION STATIONS

There are 13 hydration stations along the route, approximately 3km apart. Water, Coke, Coke no sugar and Powerade will be served. **Water will be served in cups and not in plastic sachets.**

WOOLWORTHS FOOD STATION

Woolworths will have a food station at 25km separate from the nearest Hydration Station.

CUT OFF TIMES AND LOCATIONS

CUT-OFF	TIME OF DAY [24hr]	KM	DIFF	AMOUNT OF TIME [min:sec]	PACE TIME [min:sec]	LOCATION
1	8:20	7.0	4.9	01:11	10:09	Searle Str / Victoria Rd
2	8:55	11.0	4.0	01:46	09:38	Main Rd / Rhodes Avenue (Before HS 3)
3	9:25	14.0	3.0	02:16	09:43	Claremont Blvd / Hemlock Blvd (Before HS4)
4	10:20	20.0	6.0	03:11	09:33	Milner / Park Rd (Before HS 6)
5	11:05	25.3	5.3	03:56	09:20	Liesbeek Parkway / Link Rd (Before HS 8)
6	11:55	30.3	5.0	04:46	09:26	Darling Str / Corporation Str
7	12:15	32.8	2.5	05:06	09:20	Long Str / Wale Str (Before HS 12)
8	12:40	35.1	2.3	05:31	09:26	Underpass
Finish	13:45	42.2	7.1	06:30	09:23	Vlei Rd
				Average Pace	09:33	

CARRY YOUR OWN

You will be running through an eco-sensitive area. We encourage runners to carry your own cup / bottle / hydration pack. You may ask for a refill at any of the Hydration Stations.

TRACKING APP

Your marathon progress can be tracked by downloading the **UltimateLIVE App** from their Google or Apple Store.

1. Search for Cape Town Marathon (Sunday) under the Results header
2. Track leaders via the App in the "Standings" section
3. To track a runner, search for them under the Name / Number search bar, click on their name and press the star icon to add to favourites
4. To receive push notifications, press the bell icon.

CUT-OFF'S

Road closures will be in place, and **cut-off's will be strictly enforced to allow roads to be reopened in a timeous manner.** There will be mini sweep buses roaming the route, as well as mega sweep buses collecting runners from the cut-off points. **Runners may not continue after a cut-off has been implemented.**

MEDICAL EMERGENCY

Mediclinic and ER24 are the event's official medical partners. There are three medical and physio points and three first aid stations along the route, as well as a fully manned hospital at the finish. **The medical emergency number is 021 023 2720.** The general emergency number 021 300 1286.

DO NOT LITTER

Throw your energy gel sachets and any other litter in the bins provided on route, or carry your litter until you can throw it away at the finish line.

SUPPORTERS ON ROUTE

Your family and friends are welcome to cheer you on along the route. Use the map at the back to select the best spot and with the tracking app accurately monitor your runners progress and give them the support they well deserve.

The marathon finish line

VIRGIN ACTIVE COOL-DOWN

Once you've powered across the finish line, ease into recovery mode in the cool-down area.

VENDORS

There will be plenty of food and refreshment vendors and shade at the marathon finish village. Your family, friends are all invited to celebrate your achievement.

PRIZE GIVING

The prize giving ceremony will be limited to the top three men and women from both the Elite and Wheelchair Division races. No Age Category winners will be invited to the prize giving on race day.



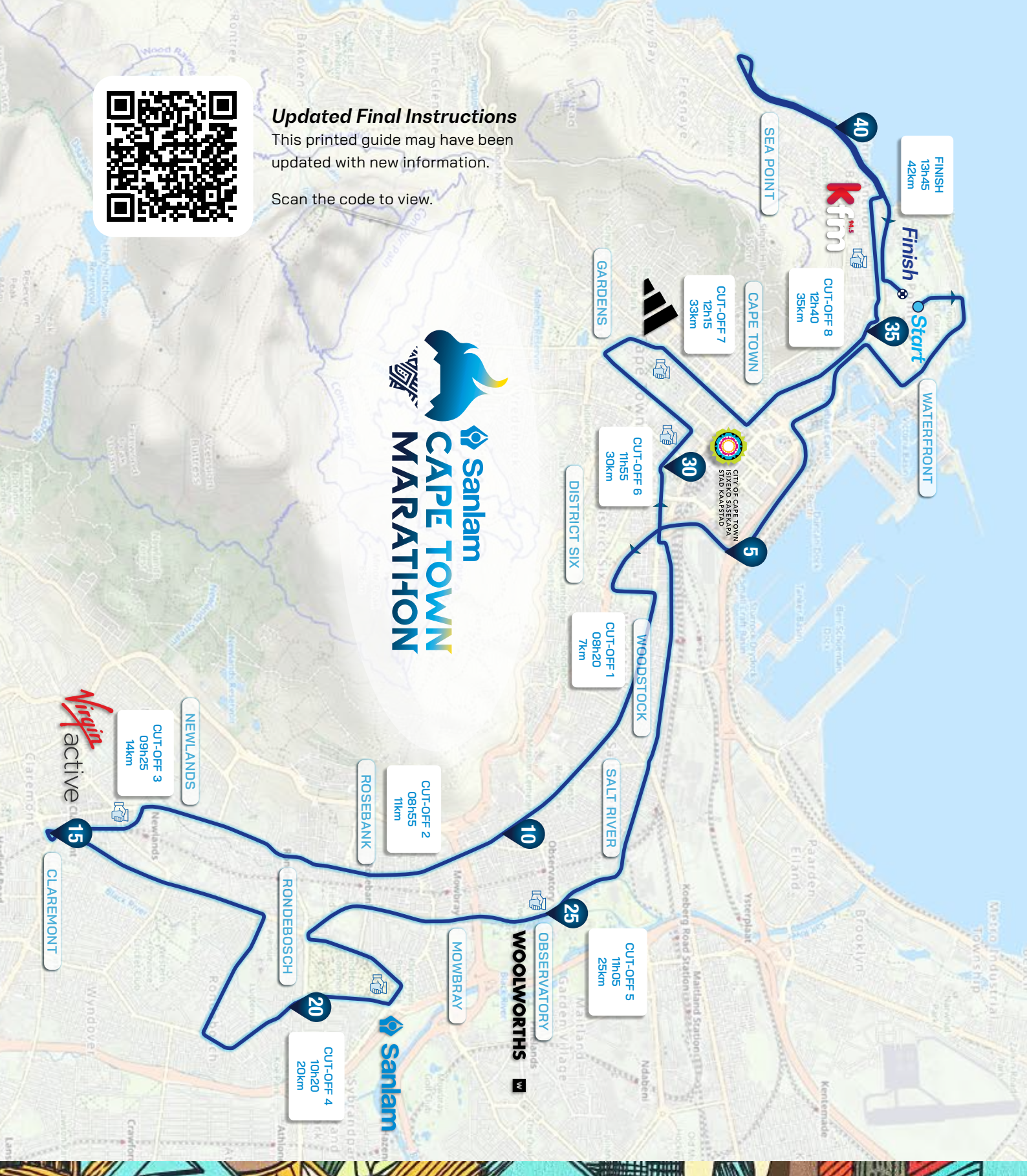
#runwithconfidence



Updated Final Instructions

This printed guide may have been updated with new information.

Scan the code to view.



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Towards Africa's 1st Major

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