

# **GENERAL RACE INFORMATION**

## **RACE RULES**

The following rules apply to all entrants. Anybody found in contravention of these rules will be disqualified immediately. Please familiarise yourself with these rules.

- Only official participants displaying their race numbers are allowed on the route. Race numbers and race packs must be collected at registration. Please supply your own pins / race belt to secure the race number.
- The race numbers must be worn on the front at all times and must be clearly visible.
- Other than the participant's race number, personal advertising is permitted on clothing provided that it is not in conflict with any of our official sponsors.
- It is compulsory that participants run with a hydration pack with drinking bottles or bladder that can carry a minimum of 1,5 litres of water between Check Points.
- Water bottles and bladders can be re-filled at the Check Points, which are situated on average 10 km apart.
- Water will not be handed out in sachets.
- Each participant must carry a flashlight/headlamp (plus spare batteries).
- Any participant found running in the dark without a working flashlight/headlamp will be withdrawn from the event.
- The route will be clearly marked with orange tags and reflective markers that will be clearly visible at night.
- Intersections will be clearly marked with directional markers to indicate which way to go.
- If for any reason a participant leaves the marked route, he/she must return to the point of departure by foot.
- Any participant caught deliberately running off the route will be disqualified.
- This event is a foot race and the entire route must be traversed by foot.
- Any participant with a disability of any kind that would require a form of mechanical device is to bring this to the attention of the race organisers for approval.
- Walking poles may be used.
- Except in an emergency, no assistance may be accepted by any participant between Check Points.

- If any emergency assistance is received between Check Points, this must be brought to the attention of the Check Point Captain at the next Check Point.
- Each participant must ensure that he/she has been checked in at each Check Point. Failure to check yourself in at the Check Points will result in disqualification – even if you complete the course. This is a safety requirement and is non-negotiable.
- Any form of litter or destruction of the natural habitat will result in disqualification. Nothing at all may be discarded between Check Points i.e. food wrappings, fruit peels, wet wipes etc. You must carry your waste to the next Check Point and discard it there in the bins provided.
- Any interference with another participant will result in disqualification.
- All participants must register and collect their race pack at the designated registration points on the times provided.
- Smoking is not permitted for the duration of the event.
- All athletes are required to start with a minimum of 1,5 litres of water.
- NO head phones or listening devices will be allowed. Any athlete caught with such a device will be disqualified. This is a safety requirement. You need to be aware of your surroundings at all times.

## **OBJECTIONS**

Objections against another participant will be regarded in a very serious light, so please report a contravention of any of the rules by another participant or participant's supporters.

Be sure of the objection and complaint before lodging an objection.

## **PROCEDURES FOR LODGING AN OBJECTION**

If a participant witnesses a contravention to the rules by another participant, record the name and/or number of the participant breaking the rule.

Try to solicit a witness and take down the name and number of the witness.

Report the incident to the Check Point Captain at the next Check Point and give a brief description of what occurred, as well as the details of the witness.

Complete an objection form at the finish of the race. The fee for this is R300.00.

**If the objection is valid the fee will be refunded.**

## **TERMS & CONDITIONS OF ENTRY**

The Mac Mac ULTRA Trail Run is organised by Fresh Trails (FT). The following constitute the terms and conditions applicable to all entrants in the Mac Mac ULTRA Trail Runs.

## **PASSPORTS, VISAS, VACCINATIONS AND INOCULATIONS**

**(For International Competitors)**

Make sure that your passport is valid for international travel, and that it will be valid until at least three months AFTER you return from South Africa.

The responsibility for the provision of current and valid passports, visas, vaccinations and inoculations, where required, is that of the participant alone and Fresh Trails shall not be responsible or liable for any consequence of any nature arising from the entrant failing to ensure that he or she has complied with all such requirements.

## **ENTRY FEES**

The event entry fee does not include personal items, beverages, meals and ant items not specifically stated in the itinerary.

Until Fresh Trails has received full payment, we reserve the right to change the entry fee.

However, once full payment is received, the price is guaranteed.

## **RESPONSIBILITY**

Fresh Trails, their servants and agents shall not be responsible for, and shall be exempt from, all liability in respect of any injury, loss, damage, accident, delay or inconvenience to any person, or his or her luggage, or other property, wherever, whenever and howsoever the same may occur.

Fresh Trails is not responsible or liable for any loss, injury, damage, accident or inconvenience to any person, or his or her luggage, or other property as a result of their exposure to any of the wildlife within the route.

Fresh Trails is not responsible or liable for any act of God, strike, riot, civil disobedience, theft or other condition or event beyond its control.

## **INSURANCE**

It is the participant's responsibility to make sure that he/she has sufficient medical insurance, including medevac and hospitalisation, should the need arise.

## **MEDICAL**

Each participant must fill in the medical information form when registering.

If the participant knows of any precondition that they feel may affect them during the event, they must bring this to our attention when entering.

Race organiser **may** ask for a medical certificate from athletes' medical attendant.

There is a 4x4 ambulance with paramedics on the route for the duration of the event.

Any costs incurred should hospitalisation be necessary, are for the participant's account.

## **ITINERARY VARIATIONS**

While every effort is made to keep to all published itineraries, we reserve the right to make changes for your convenience.

In some cases, weather conditions can necessitate an alteration in the event itinerary or race route, and this does not constitute any reason for refund.

No refund for unused services will be considered. Fresh Trails reserve the right to correct printing errors or omissions at any time, unaffected portions will continue to remain valid.

## **JURISTITION**

Fresh Trails and the customer hereby consent in terms of Section 45(1) of the Magistrate's Court Act No. 32 of 1944 as amended in respect of any proceedings which may be instituted by either of them to the jurisdiction of the Magistrate's Court which at the time of such proceedings has jurisdiction over them in terms of section 28 (1) of the aforesaid Act, but acknowledge that the party suing shall have the rights should it in its discretion desire to institute action in a competent division of the Supreme Court of South Africa in which event, the costs of such action shall be determined in accordance with the tariff or fees applicable to the Supreme Court in force at such time.

**Fresh Trails and the customer expressly agree that the laws of the Republic of South Africa shall govern this agreement and any claim as more fully envisaged above.**