



**INVITATION & ENTRY FORM – Rhodes Trail Run 2024**  
**Tranche 3**

Race Date: Saturday **29 June 2024**

Closing Date for this Entry: **Friday 17 May 2024**

**Your Name:** \_\_\_\_\_

ID Number           Age on Race Day   Gender

Provide Date of Birth if Passport Number used above       No of Rhodes Run medals

Email \_\_\_\_\_

Mobile       Alternative Contact Number

Team or Club \_\_\_\_\_ Nationality \_\_\_\_\_ City/Town where you live \_\_\_\_\_

Indicate if you **are** Diabetic  or Asthmatic  Indicate any allergies \_\_\_\_\_

Indicate any medication you are taking \_\_\_\_\_

Medical Aid name & number \_\_\_\_\_

Emergency contact details of someone **not participating** in the event: Name \_\_\_\_\_

Contact Number       and relationship \_\_\_\_\_

Shirt Preference (mark block):

Ladies

Men's

X-Small  Small  Medium  Large  X-Large  XX-Large  XXX-Large

I ..... (print full name) confirm having read and fully understand the Rhodes Run 2024 Rules, General Information & Guidelines.

\_\_\_\_\_  
SIGNATURE OF ENTRANT

\_\_\_\_\_  
DATE

**Enquiries – Heather Ralph**  
**061 516 6718**  
**heather@rhodesrun.co.za**  
**www.rhodesrun.co.za**

**Bank account Rhodes Run**  
**FNB, Branch Code 250 655**  
**Current account 6305 8469 363**





The Breathtaking Trail Run

**THE 34th RHODES RUN**  
29 June 2024

**RULES, GENERAL INFORMATION & GUIDELINES**  
**Tranche 3**

Enquiries: Heather Ralph  
[Heather@rhodesrun.co.za](mailto:Heather@rhodesrun.co.za) : 061 516 6718  
[www.rhodesrun.co.za](http://www.rhodesrun.co.za)  
🐦 @RhodesTrailRun



Mavis Bank Check Point 1989

**NO LATE ENTRIES OR LATE SUBSTITUTIONS WILL BE ACCEPTED**

**Closing date is Friday 17 May 2024**

**Please take time to read this carefully.**

The following points are covered and/or explained:

1. Entry Process for Tranche 3 in 2024
2. Race Fee for 2024
3. General Entry Process after 2024
4. What to do if you entered and then are not in a position to run
5. How will you know if your entry has been accepted?
6. Who receives invitations?
7. Who arranges a Substitute?
8. Where and when does the race take place?
9. What is the distance and route conditions?
10. Is there a qualifying time?
11. Are there cut-off's during the race?
12. Is the race fee refundable if you are not able to run or if the event is cancelled or the distance shortened?
13. What is the minimum age?
14. Who will qualify for an invitation in 2025?
15. What happens to invitations when runners do not register?
16. Where does the race start & finish?
17. Are there feed stations and may you have personal seconding?
18. When is pre-race registration?
19. What compulsory equipment must you carry?
20. Disclaimer
21. Image use
22. Event officials
23. Preservation of the environment and littering
24. General
25. Awards
26. Accommodation and meals

## 1. ENTRY PROCESS FOR TRANCHE 3 in 2024

Invitations in Tranche 1 and Tranche 2 have been sent and the Closing Date for both Tranches as passed. General run slots are now available.

The Entry Process for Tranche 3 is as follows:-

### Initial Registration – Closing Date noon Friday 17 May 2024

- Complete Entry Form (above)
- Email completed Entry Form to [heather@rhodesrun.co.za](mailto:heather@rhodesrun.co.za)

### Entry Application

- When your entry is accepted, you will be requested to pay the Race Fee of R1950.00
- Pay the entry fee into the Rhodes Run bank account – NO CASH DEPOSITS.

#### NOTE new account number

**Rhodes Run, First National Bank, Branch Code 250 655, Current account number 6305 8469 363**

**Use your name and surname as a reference.** If the payment cannot be identified, it could result in your entry not being accepted

- Race fee is to be paid AND confirmation of payment emailed within five (5) days of being advised, but no later than the specific date advised in the acceptance email. If payment is not received, entry and registration will be forfeited

### Reserve List

- If a runner completes the Initial Registration process after all available race slots have been filled, then the runner will be placed on the Reserve List
- Should a runner
  - Who has been invited to enter fail to complete the Entry Process in time, or
  - Withdraw from the race prior to noon on Friday 17 May 2024,
 Then the next runner on the Reserve List will be invited to enter.
- Runners invited from the Reserve List will be required to pay the R1950.00 Race Fee into the Rhodes Run bank account
- Race fee is to be paid AND confirmation of payment emailed within five (5) days of being advised, but no later than the specific date advised in the acceptance email. If payment is not received, entry and registration will be forfeited



## 2. RACE FEE FOR 2024

The Race Fee is R1950.00

## 3. GENERAL ENTRY PROCESS AFTER 2024

There is a significant change to the Entry Process from previous years.

The Rhodes Trail Run Waiting will be phased out and after 2024 will not be used.

There will be a two Tranche entry process.

### Tranche 1

Each year the entrants who registered at Pre-Race registration, or who had a Substitute who registered, will receive an invitation to enter the following year. Should the invitation not be taken up by the Closing Date for Tranche 1, the available run slots will be made available in the Tranche 2 entry process.

### Tranche 2

Invitations not taken up in Tranche 1 will be made available to all runners in the same way as this Tranche 3 process.

## 4. WHAT TO DO IF ... YOU ENTERED AND THEN ARE NOT IN A POSITION TO RUN; OR YOUR SUBSTITUTE IS NOT IN A POSITION TO RUN

- Complete and sign the top section of the Substitution Form and pass the form to another runner (your Substitute)
- Your Substitute must complete the rest of the Substitution Form
- Your Substitute must pay the substitution fee of R250.00 into the account – **NOTE new account number**

**Rhodes Run, First National Bank, Branch Code 250 655, Current account number 6305 8469 363**

**Your Substitute must use their name and surname as a reference.** If the payment cannot be identified, it could result in the substitution not being accepted

If your Substitute is unable to make an EFT they are required to add an additional R60.00 to any cash payment

- Your Substitute must return the completed Substitution Form together with confirmation of the substitution fee payment to Heather@rhodesrun.co.za

**Provided you entered before the closing date on your invitation AND your entry was accepted your Substitute must pay the substitution fee on or before 12:00 noon 1 June 2024 and the Substitution Form must be received on or before 12:00 noon 1 June 2024.**

## 5. HOW WILL YOU KNOW IF YOUR ENTRY HAS BEEN ACCEPTED?

Confirmation of receipt of your entry will be made via email, so please ensure that you provide your correct email address. All pre-race communication will be by way of email.

## 6. WHO RECEIVES INVITATIONS?

For safety reasons the organisers limit invitations in accordance with the format below:

- Those who received an invitation to our 2023 event and entered or made use of the 'Nominee' or 'Substitution' facility in terms of the 2023 Rules will receive an invitation in Tranche 1 to our 2024 event
- Those who entered as a 'Nominee' or as a 'Substitute' in 2023 will receive an invitation in Tranche 1 to our 2024 event
- Event Partner Wild Card entries from 2023 will not receive an invitation
- Invitations not taken up by the Tranche 1 Closing Date will be passed on to Tranche 2 (those on our Waiting List as at 8 July 2023)
- Should run slots be available after the Tranche 2 Closing Date these will become available through our website (Tranche 3)

The organisers reserve the right to reject any entry at their sole discretion and are not required to provide reasons for their decision.

## 7. WHO ARRANGES A SUBSTITUTE?

The organisers are not responsible for sourcing a Substitute. Entrants must arrange their own Substitute.

**Closing date for substitutions is 12:00 noon on 1 June 2024**

**Clearly mark on the Substitution Form the address to which the 2025 invitation is to be sent.**

## 8. WHERE AND WHEN DOES THE RACE TAKE PLACE?

The race will take place in the Southern Drakensberg mountains surrounding the village of Rhodes in the North-Eastern Cape on 29 June 2024.

## 9. WHAT IS THE DISTANCE AND ROUTE CONDITIONS?

The distance is approximately 52km.

Note that all distances referred to in the Rules, Pre-Race Instructions, on the website and any other communication are approximate by virtue of the terrain and possible route changes from year-to-year.

The race is not recommended for unfit runners or for those who are not prepared to cover rough terrain. Competitors must expect to walk through mountain streams and may have to contend with snow, icy conditions, wet roads and strong wind.

## 10. IS THERE A QUALIFYING TIME?

You do not have to run a 'qualifying time' before you enter the Rhodes Trail Run.

However, you need to be able to comfortably complete a 'fast flat road' 21km in less than 2:15 in order to make the border Check Point (Mavis Top) cut-off of 4½ hours. Any slower and there is a good chance you'll be riding down the mountain in a recovery vehicle.

At that pace, it will still be a serious push to beat the 9-hour cut-off at the Finish.



The 'Tufts of Terror'

## 11. ARE THERE CUT-OFF'S DURING THE RACE?

Yes, there are four cut-offs in addition to the final 9-hour cut-off.

### Mavis Bank Farm ('Soft' and 'Hard' cut-off)

There is a 'soft' cut-off at the Mavis Bank Farm Check Point (approx. 13km). Anyone arriving there after 2 hours from race start (9:00) could be required to abandon the race. The Check Point Chief's decision is final. There is a 'hard' cut-off at 2½ hours.

### Mavis Bank Top (Border Road)

The cut-off at the top of Mavis Bank (approx. 21km) is 4½ hours from race start.

Runners who arrive at the Check Point after the cut-off must abandon the race.

If you make the cut-off **do not** go back down Mavis Bank to assist slower runners. This negates the safety and control system.

Any runner going down Mavis Bank having been recorded at the Check Point will be disqualified.

### Quarry Check Point

The cut-off at the Quarry Check Point (approx. 29km) is 6 hours from race start.

Runners who arrive at the Check Point after the cut-off must abandon the race.

### 16:00 (4pm) Road cut-off

There is a mandatory cut-off on the road at 16:00 (4pm), 9 hours from race start.

Any runner not having crossed the Finish line by 16:00 (4pm) must, when approached by an official sweep vehicle, abandon the race and be uplifted by the sweep vehicle. Failure to follow this instruction could result in the runner being barred from future events.

### **Final cut-off**

The cut-off to receive a medal and to be recorded in the results is 16:00 (4pm) at the Finish, 9 hours from race start.

## **12. IS THE RACE FEE REFUNDABLE IF I AM NOT ABLE TO RUN OR IF THE EVENT IS CANCELLED OR THE DISTANCE SHORTENED?**

The race fee or substitution fee is not refundable at any stage.

The route is approximately 52km, but the organisers may at any stage, at their discretion, shorten or change the route should conditions threaten the safety of the runners or crew. There will be no refund of the race fee should there be any route change, or should the race be cancelled for any reason. The race will not be re-scheduled.

## **13. WHAT IS THE MINIMUM AGE?**

All entrants must be over 18 years of age on the day of the race.

## **14. WHO WILL QUALIFY FOR AN INVITATION IN 2025?**

The following will qualify for an invitation to the 2025 event:

- All runners who registered at the 2024 Pre-Race registration
- Those runners whose Substitute registered at the 2024 Pre-Race registration
- Wild Card entries will not receive an Invitation and will need to enter in Tranche 2
- Any runner who is declared medically unfit by the 2024 race medical officer at registration. Other medical certificates will not be accepted

## **15. WHAT HAPPENS TO INVITATIONS WHEN RUNNERS DO NOT REGISTER?**

If an entrant does not register at the pre-race registration, then the invitation is 'lost' and will be allocated to the Tranche 2 invitations the following year.

## **16. WHERE DOES THE RACE START & FINISH?**

The race starts and finishes at the Farmers Hall, Vorster Street, Rhodes. The start is at 07:00 and all runners completing the course within **9 hours** will qualify as finishers.





Hooggenoeg Peak

### 17. ARE THERE FEED STATIONS AND MAY YOU HAVE PERSONAL SECONDING?

Feed stations will be provided (depending on weather conditions) approx. 10km apart. It can be a very harsh environment in the Southern Drakensberg and runners are cautioned to prevent dehydration by ensuring they carry adequate water on their person. Runners should carry a water container (of at least 500ml) with them.

**You are ultimately responsible to ensure you are adequately hydrated at all times.**

Due to the nature of the route personal seconding is not permitted.

Any runner receiving assistance, of any form, from a vehicle that is seen to be creating undue dust and/or driving without due concern for runners and/or is on a section of the route deemed 'closed' by the organisers as advised during the pre-race briefing, will be sanctioned. Such sanction could include disqualification. A race official will be monitoring runners and vehicles on the route.

### 18. WHEN IS PRE-RACE REGISTRATION?

Pre-race instructions will be emailed to entrants during June. All participants must register prior to the race at the Farmers Hall during the following times:

**28 June 2024 15:00 – 19:00**  
**29 June 2024 06:15 – 06:45**

**\*\*\* NB Original Identity documents must be produced. \*\*\***

### 19. WHAT COMPULSORY EQUIPMENT MUST YOU CARRY?

You will receive an **emergency survival blanket (space blanket)** at registration. You must bring your own **whistle** and a **rigid or collapsible heat proof cup**.

The whistle, emergency survival blanket and cup **must be carried with you for the duration of the run.**

A kit check may take place and participants without all three of these items will receive a **60-minute time penalty**. The time penalty will be served there and then. You will only proceed when the time penalty has been completed.

Race identification as provided must be worn on the front, unaltered and visible at all times.

It is recommended that you carry a rainproof top with you for the duration of the run.

**20. DISCLAIMER**

The entrant will acknowledge the following by signing the Entry Form:

I hereby declare that I have had the opportunity to read, and that I understand the Rhodes Trail Run Rules and such Supplementary Rules and Pre-Race Instructions as have or may be issued for the event and agree to be bound by them.

I understand that it is my responsibility to be medically fit to run, and I declare that I am physically fit and sufficiently trained to participate and I am competent to do so. I and my family and or beneficiaries are aware and fully understand that this is an extreme event and are aware that I will be exposed to risks that I am not normally exposed to, involving significant risk of injury and trauma, and agree to accept the same notwithstanding that such risks may involve negligence on the part of the organisers or officials and with this knowledge I voluntarily participate and assume full and complete responsibility for any injury or accident which may occur, including but not limited to falls that may result in personal injury, death and damage.

I am aware that the event will take place at a time and location that may make access to medical treatment and facilities difficult. I agree that if I suffer injury Rhodes Trail Run may at my expense arrange for me to receive medical treatment and emergency evacuation services as the organisers or medical team deem appropriate, which could include helicopter evacuation, and I understand that any personal injury that I incur may be worsened or compounded by not only my actions but by the actions, omissions or negligence of others. I agree that I am responsible for my own medical, hospitalisation, emergency evacuation and ambulance insurance as well as insurance for my personal belongings.

I and my family and or beneficiaries do hereby release and discharge the Rhodes Trail Run, the organisers, any and all sponsors, event partners, volunteers, landowners, any local or government authorities from any right to claim damage, personal injury, death, economic loss, property loss or consequential loss that I may suffer arising from my participation in this event.

I consent to the collection and retention of my personal information by the organisers of the event.

I accept ALL rules and regulations. I have read the above and acknowledge that my participation in the event is entirely at my own risk.

I acknowledge that any form of abuse, verbal or otherwise, on my part towards any volunteer crew, sponsor, race official, spectator or anyone involved with the event could result in my disqualification and not being invited to future events.

**21. IMAGE USE**

The entrant will acknowledge the following by signing the Entry Form:

I grant my permission to use my name, race information and any photographs, video tapes, motion pictures, website images, recordings, broadcasts and telecasts or any other record of this event in which I may appear, free of charge.

## 22. EVENT OFFICIALS

Race officials, marshals and event crew must be obeyed at all times. Failure to comply with their instructions may lead to an immediate disqualification. Event instructions, as set out in pre-race instructions and outlined during any pre-race briefing, form part of the official rules and must be adhered to.

## 23. PRESERVATION OF THE ENVIRONMENT AND LITTERING

The route passes through a unique ecological area and over private property, and it is imperative that the environment be preserved. Litter bins will be provided at the feeding stations for debris, used sachets and the like.

'Stashing' of kit and/or bottles on the route prior to the event is classified as littering.

**Any runner littering the route will be disqualified** and barred from future events.

## 24. GENERAL

The invitation used by a runner who is disqualified will be forfeited and will not be returned the following year.

Runners and their supporters may not set up or create personal route or distance markings. Anyone found to have contravened this rule will be disqualified and barred from future events.

## 25. AWARDS

Shirts and medals will be awarded to all finishers. Prize giving will take place at the Finish area at approximately 16:45. Floating trophies will be awarded to winners in various categories.

Please note an athlete must be present to collect a trophy and/or permanent number. Under no circumstances will a permanent number or medal be posted after the event.

## 26. ACCOMMODATION AND MEALS

Meals and refreshments will be on sale on 28 June at the Farmers Hall from 17:00. Refreshments will also be available on Saturday.

Limited accommodation is available in Rhodes and at Guest Farms in the vicinity of Rhodes. Please book your accommodation early. Those unable to stay in Rhodes must please note that high speed traveling is not possible on the dirt roads, and entrants must give themselves adequate time to reach the start.

For accommodation see our event website.

Thank you for wanting to run the Rhodes Trail Run. Without the landowners over whose land we run we would not have this unique event. Please respect their land and livestock so that they will continue to welcome us.

We hope that you have an enjoyable, safe and memorable run.

