



RULES AND REGULATIONS

1. All Covid-19 Rules & Regulations will be observed
2. The races are in strict accordance with the rules of IAAF, ASA, CSA, EC Cycling and Athletics Transkei.
3. All foreign athletes must comply with IAAF & ASA rule 4.2
4. All ultra-marathon running participants must be 20 years or older by the date of the event.
5. No animals allowed on the course.
6. No earphones are allowed.
7. Obey traffic officials and marshals at all times.
8. Walkers allowed only in the 7km, 13km & 35km events.
9. Walkers must wear the correct identification tags on front and back.
10. Age category tags must be worn on front & back to qualify for category.
11. The Icon's Journey organising committee is not responsible for accommodating athletes & club officials.
12. Transportation to all starting points will be made available at a market related fee to all participants departing from Nelson Mandela Museum.
13. All 103km running participants **MUST** wear a headlamp until 06h30am on race day.
14. The entrants must collect their race numbers and goodie bags from Nelson Mandela Museum from 05 July 2022.
15. Free t-shirts (where applicable) are on a first come first served basis. Only a limited number of t-shirts is available.
16. Cut off times (as detailed on our website for each event) must be complied to.
17. Temporary licenses for cycling & running events can be purchased manually at Nelson Mandela Museum from 05 July 2022 or on our website by clicking on your event.
18. Entries close on 31 May 2022.
19. All winners' prize monies will be deposited through their respective banks after verification of the final results and where necessary testing of the use of illegal substances.
20. Prize giving will take place approximately at 13h00 at Nelson Mandela Museum.