

ANNUAL ROUTE TESTER

***** **SUNDAY 17 APRIL 2016** *****

ORGANISED BY : COLLEGIANS HARRIERS AND HILLCREST VILLAGERS

The Route Tester is **not a race** and has no official status. It is a club training run designed to assist runners in their preparation for Comrades by introducing them to the first two thirds of the “down” run. Volunteer drivers provide refreshments and support on the route.

START : Collegian’s club, Boshoff Street, Pietermaritzburg, leaving at **05h30**. You will need to register and sign an indemnity. Runners briefing at **05h20**. (S29·60779 E30·39230 Altitude 625)

FINISH : At the clubhouse of Hillcrest Villagers. In the main street of Hillcrest turn right off the Comrades Route between KFC and McDonalds, up Crooked Street. (S29·78294 E30·76281 Altitude 696)

COST: R70 per runner to cover the costs of refreshments on route. You will run with an identifying arm band.

THE ROUTE: The route out of Pmb is the same as in 2014. We will leave Collegians and after just 1 km join the route in Commercial Rd. We will remain on the exact Comrades route until Hillcrest.

REFRESHMENTS: Volunteer drivers will have water, Coke, Powerade and some food and essentials. There are **15** planned stops on the road, designed with your safety in mind. The stages vary between **2.80** and **4.55** km. All stops (except one) are on the **right hand** side facing oncoming traffic.

SAFETY: There are **no** marshals, traffic police or road closures. Cars have right of way. Each runner participates at his/her own risk. Unless obviously the worst option, always run on the **right hand side** facing oncoming traffic. Especially when the road is narrow, run in single file. It is a route which is popular with cyclists.

GROUPS: Each runner is asked to select a **group** similar to their planned pace for Comrades (**See table below**). There are 6 groups and one support vehicle will cater for each group. If you run too far ahead of your group you may miss the support vehicle. If you are falling off the pace either wait for a slower group to catch up or get in the support vehicle and “leapfrog” ahead. The vehicles have a schedule to keep and cannot be of help if the group becomes too stretched out. To estimate your Comrades finishing time take your recent **42.2km** time and multiply by **2.42**. Remember this is not a race and you are participating to get to know the route, try to maintain a steady pace and spend time on your legs.

We have been requested to assist a small group of elite runners – faster than A group – and we will attempt to do so if the numbers warrant it.

ENTRY: There is **no pre-entry** and all runners will sign up just before the start. To assist catering and planning it would be helpful if clubs or individuals could sms or email their intention to participate to **0825629951** or cwillows@iafrica.com.

DISTANCE: The total distance is **57.3km**.

IMPORTANT NOTICE: NEITHER THE ORGANISERS NOR COLLEGIANS HARRIERS WILL TAKE ANY RESPONSIBILITY FOR PROVIDING **TRANSPORT** BACK FROM HILLCREST. EACH RUNER MUST ENSURE THEY HAVE ARRANGED THEIR OWN TRANSPORT. THE TABLE BELOW WILL PROVIDE AN ESTIMATE OF THE TIME THEY WILL ARRIVE IN HILLCREST.

BUS TO THE START: Hillcrest have arranged an early morning bus to transport runners from Hillcrest to Collegians. You will need to book a seat to avoid disappointment. The cost is R50.00 each. For details contact Nicci Boulter at nicci@esse.co.za

GROUP	AVERAGE PACE PER KM	COMRADES TIME	ROUTE TESTER TIME
A	5 min	7 hr 30 m	4 hr 49 m
B	5.5 min	8 hr 15 m	5 hr 16 m
C	6 min	9 hr 00 m	5 hr 43 m
D	6.5 min	9 hr 45 m	6 hr 13 m
E	7 min	10 hr 30 m	6 hr 42 m
F	7.5 min	11 hr 15 m	7 hr 10 m

NEW PARTNERS: This year we are being joined by members of the DHS Old Boys Running Club. They can be contacted at: dhsoldboys.running@gmail.com