

# ANNUAL ROUTE TESTER

\*\*\*\*\* SUNDAY 19 APRIL 2015 \*\*\*\*\*

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 second two thirds of the “up” run. Volunteer drivers provide refreshments and support on the route.

**START :** Clubhouse of Hillcrest Villagers. From Old Main Road, go up Crooked Street, between McDonalds and KFC. Runners will leave at 05h30. You will need to pay a registration fee and complete an indemnity form.

**FINISH :** At “Hermans Haunt”, the clubhouse of Collegians Harriers, at Collegians Club, 381 Boshoff Street Pietermaritzburg. There are showers, bar facilities, a braai and wors rolls for sale.

**COST:** A nominal cost to cover the costs of refreshments on route. You will run with an identifying arm band. There is no pre-entry for the run but you need to book a seat on the bus (if required).

**THE ROUTE:** From the Hillcrest Villagers Clubhouse runners will run down Crooked Street, across Main Road and turn left to Pietermaritzburg. Follow the Comrades Route, but finish at Collegians, not Alexandra Park. Your driver can assist with directions.

**REFRESHMENTS:** Volunteer drivers will have water, coke, Powerade and some food and essentials. There are **16** planned stops on the road, designed with your safety in mind. The stages vary between **2.46** and **4.20** km. All stops 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**. Plan to run the route tester at a pace slower than your expected Comrades pace. 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.

**ENTRY:** There is **no pre-entry** and all runners will sign up just before the start. Anyone may enter but all do so at their own risk. 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](mailto:cwillows@iafrica.com)

**DISTANCE:** The total distance is **56.3km**.

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

**BUS TO THE START:** Collegians have arranged an early morning bus to transport runners from Collegians to Hillcrest. You will need to book a seat to avoid disappointment. There will be an additional cost. The bus will leave Collegians at 04h30. For details contact Clive Willows at [cwillows@iafrica.com](mailto:cwillows@iafrica.com)

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

**INFORMATION:** For further details visit [www.collegiansharriers.co.za](http://www.collegiansharriers.co.za)