

- Entries close at 17h00 on Monday 9 December 2019. There are no late entries. NO SUBSTITUTIONS WILL BE PERMITTED.
- Race numbers and packs can be collected at Registration at Sugar Rush Park Ballito on Saturday 14 December 2019 from 14h00 to 17h00 and on Sunday 15 December 2019 from 04h30 to 05h30
- All athletes must be licenced. Licenced runners must wear their club colours together with their 2019 licence numbers on the front and back of their vest and The Big Hill Run number on the front of their vest. The race number must be placed over the licence number so that the Province, Year and ASA sponsor logo is visible.
- Unlicensed athletes must wear a temporary licence. These athletes must wear plain colours (with no advertising), the temporary licence on the back of their vest and The Big Hill Run number on the front of their vest. No licence number to be worn on shorts.
- Temporary licence numbers will be on sale or available for collection at Registration.
- The Big Hill Run Event is held under the rules of Athletics South Africa (ASA), KwaZulu Natal Athletics (KZNA) and the International Association of Athletics Federation (IAAF). All foreign athletes must comply with IAAF Rule 4.2, Rule 22.1 and Rule 142 and ASA Rule 9.
- Entrants must be at least the following ages on the day of the race:
Half Marathon – 16 years and 10km – 14 years.
- The ASA/ KZNA approved numerical age category tags (60mm to 80mm) must be worn on the back and front of athletes' vests for those competing for category prizes. Proof of age must be provided on request before or after the race.
- A secure tog bag area will be available on the day of the race at Sugar Rush Park. Tog bags as well as keys can be handed in.
- Athletes are to obey Traffic Officials, Technical Officials, Event Marshalls and Safety Officers at all times.
- No personal seconding is allowed.
- No blades, wheelchairs or mechanically operated devices are allowed.
- No iPod or any other form of earphone type device may be used during any of the races.
- No pets are allowed on any of the races.
- Entry Fees shall not be refunded, cancelled, returned or exchanged on account of weather or unforeseen events occurring beyond the control of the event organisers, the race director, the host club or the sponsors.
- The Big Hill Run supports and promotes the Clean Running Campaign. Please help our event and our sport and throw your Coke cups and water sachets in the bins provided