

2018 Fixture List

Day	Date	Start Time	Event	Venue	Organiser	Contact	Contact No	Email
January								
Saturday	01/06/2018		Open Date					
Friday	01/12/2018	18:00	PWC Nite Race 10Km	Start and Finish : Old Selbornian Club	Old Selbornian Road Runners	Sharon Eldridge	083 284 3781	sharon@summerpride.co.za
Friday	01/12/2018	18:15	PWC Nite Race 5Km	Start and Finish : Old Selbornian Club	Old Selbornian Road Runners	Sharon Eldridge	083 284 3781	sharon@summerpride.co.za
Saturday	20/1/2018	06:30	East London Eye Hospital 10Km	Start and Finish : Beacon Bay Country Club	East London Athletic Club	Graham Reynolds	082 448 0727	graham@isat.co.za
Saturday	20/1/2018	06:30	East London Eye Hospital 5Km	Start and Finish : Beacon Bay Country Club	East London Athletic Club	Graham Reynolds	082 448 0727	graham@isat.co.za
Friday	26/1/2018	17:30	End Polio 8Km	Start and Finish : Astro Park	Born 2 Run	John Lee Sun	082 642 9591	jplesun@telkomsa.net
Friday	26/1/2018	17:30	End Polio 3Km	Start and Finish : Astro Park	Born 2 Run	John Lee Sun	082 642 9591	jplesun@telkomsa.net
Sunday	28/1/2018	05:30	Bridal Drift Half Marathon 21,1Km	Start and Finish : Sisa Dukashe Stadium	Real Gijimas	Alex Kambule	074 139 0550	akambule@wsu.ac.za
Sunday	28/1/2018	06:00	Schools/Corporate/Family Fun Run/Walk 5Km	Start and Finish : Sisa Dukashe Stadium	Real Gijimas	Alex Kambule	074 139 0550	akambule@wsu.ac.za
February								
Saturday	02/03/2018	15:30	BUCO Tomato Trot 15Km	Start and Finish : Lilyfontein School	Border Athletics	Caroline Kruger	084 460 6454	marketing@lilyfontein.co.za
Saturday	02/03/2018	16:00	BUCO Tomato Trot 5Km	Start and Finish : Lilyfontein School	Border Athletics	Caroline Kruger	084 460 6454	marketing@lilyfontein.co.za
Saturday	02/10/2018		Down Syndrome 5Km Fun Run/Walk	Start and Finish :	Border Athletics	Zane Deere	043 743 3733	zane.deere@buco.co.za
Sunday	02/11/2018	06:00	Masters Half Marathon 21,1Km	Start : Near Winterstrand - Finish : Buffalo Club	Border Masters Association	John Oatley	084 619 5126	oatley@eln.co.za
Sunday	18/2/2018	05:30	Buffalo Marathon 42,2Km	Start : N6 near Mcleantown - Finish : Buffalo Club, East London	Buffalo Road Runners	Meta Scott	081 4874984	metascott@telkomsa.net
Sunday	18/2/2018	06:30	Bridal Drift Half Marathon 21,1Km	Start : N6 near Python Park - Finish : Buffalo Club, East London	Buffalo Road Runners	Meta Scott	081 4874984	metascott@telkomsa.net
Saturday	24/2/2018	14:00	Discovery Surfers Challenge	Start : Kwelera Mouth - Finish : Nahoon Mouth				
March								
Saturday	03/03/2018	17:00	Kempston Ladies Nite Race 10Km	Start and Finish : Oxford Striders, Beach Road, Nahoon	Oxford Striders	Dillon Pretorius	073 799 6075	info@oxfordstriders.co.za
Saturday	03/03/2018	17:10	Kempston Challenge 5Km	Start and Finish : Oxford Striders, Beach Road, Nahoon	Oxford Striders	Dillon Pretorius	073 799 6075	info@oxfordstriders.co.za
Saturday	03/03/2018		Addo Trail Run 44Km and 76Km	Addo Elephant National Park				
Sunday	03/04/2018		Merrifield Mile Swim	Venue : Wriggleswade Dam	Merrifield			
Saturday	03/10/2018	14:30	Cabbage Patch 15Km	Start and Finish : Komga Showgrounds	Border Athletics	Bradley Malherbe	073 755 3012	cabbagepatchrun@gmail.com
Saturday	03/10/2018	14:30	Cabbage Patch 5Km	Start and Finish : Komga Showgrounds	Border Athletics	Bradley Malherbe	073 755 3012	cabbagepatchrun@gmail.com
Saturday	03/10/2018	17:30	Cancer Relay	Venue : Jan Smuts Stadium	Border Athletics	Le-Anne Hempel	043 727 0120	alhempei@border.co.za
Sunday	03/11/2018	09:00	Gandhi Walk 5Km	Start and Finish : Oxford Striders, Beach Road, Nahoon	Oxford Striders	Dillon Pretorius	073 799 6075	info@oxfordstriders.co.za
Saturday	17/3/2018	06:00	Masters Half Marathon 10Km	Start : Health Avenue Gym Finish : Lovedale FET college Grounds Kingwilliamstown	Buffalo Runners AC	Zakes Mndela	083 324 6871	mndelazn@gmail.com
Saturday	17/3/2018	06:15	Buffalo Runners 5Km	Start : Health Avenue Gym Finish : Lovedale FET college Grounds Kingwilliamstown	Buffalo Runners AC	Zakes Mndela	083 324 6871	mndelazn@gmail.com
Sunday	18/3/2018	07:00	Human Rights Day 5Km and 10Km	Venue : TBA	Border Athletics	Alex Kambule	074 139 0550	akambule@wsu.ac.za
Sunday	18/3/2018	09:00	EL Pet Pals Dog Walk	Venue : Buccaneers	Border Athletics	Melany Leach	083 800 5002	info@elpetpals.co.za
Saturday	24/3/2018	07:00	Mercedes Benz 15Km	Venue : Westbank	Mercedes Benz Athletic Club	Luvuyo Mgoduka	083 538 9929	luvuyo.mgoduka@daimler.com
Saturday	31/3/2018	05:50	Two Oceans Half Marathon 21,1Km	Start : Outside SA Breweries, Main Road, Newlands, Cape Town				
Saturday	31/3/2018	06:30	Two Oceans Ultra Marathon 56Km	Start : Outside SA Breweries, Main Road, Newlands, Cape Town				
April								
Saturday	04/07/2018	08:00	PAWS Fun Run/Walk 5Km	Venue : Hamiltons Club	Border Athletics	Gavin De Lange	076 801 6888	paws4africa@gmail.com
Saturday	14/4/2018		OMAC 21km, 10km and 5km	Venue : TBA	Old Mutual AC - East London			
Saturday	21/4/2018	06:30	Pacers 10Km	Start and Finish : Beacon Bay Country Club	EL Pacers	Sharonne Dewing	083 318 3853	sdewing@telkomsa.net
Saturday	28/4/2018	08:00	Halcyon Bubble Run	Venue : Beacon Bay Country Club	Border Athletics	Simone Healy	043 111 0229	simone@halfin.co.za
Sunday	29/4/2018	05:30	Real Gijimas 50 km Ultra	Start : Zwelitsha - Finish : Sisa Dukashe Stadium	Real Gijimas	Alex Kambule	074 139 0550	akambule@wsu.ac.za
Sunday	29/4/2018	07:30	5km Fun Run	Start and Finish : Sisa Dukashe Stadium	Real Gijimas	Alex Kambule	074 139 0550	akambule@wsu.ac.za
May								
Saturday	05/05/2018	06:00	Mazars Diesel Depot 15Km	Start : Chamberlain Road - Finish : Hamiltons Club	Hamiltons Club	Bronck Urban	082 577 0932	burban@meyersgroup.co.za
Saturday	05/12/2018	06:30	All Stars 10Km	Start and Finish : Amalinda Track	All Stars	M.Kolisile / T. Matika	083 310 2427 / 073 730 6940	mpumelelokolisile@yahoo.com kennethmatika@gmail.com
Saturday	05/12/2018	06:45	All Stars 5Km	Start and Finish : Amalinda Track	All Stars	M.Kolisile / T. Matika	083 310 2427 / 073 730 6940	mpumelelokolisile@yahoo.com kennethmatika@gmail.com
Saturday	05/12/2018	09:00	Blanco Trail Run 21Km	Start and Finish : Blanco Guest Farm	Old Selbornian Running Club	Peter Bursey	083 627 1713	bursey@hotmail.com
Saturday	05/12/2018	09:00	Blanco Trail Run 10Km	Start and Finish : Blanco Guest Farm	Old Selbornian Running Club	Peter Bursey	083 627 1713	bursey@hotmail.com
Saturday	19/5/2018	06:00	Madeira Mountain Challenge 24 Km	Start : Finish : Queenstown Harriers	Queenstown Harriers	Theo Ferreira	082 873 4597	thoferreira@telkomsa.net
Saturday	19/5/2018	06:00	Madeira Mountain Challenge 16 Km	Start : Finish : Queenstown Harriers	Queenstown Harriers	Theo Ferreira	082 873 4597	thoferreira@telkomsa.net
Saturday	19/5/2018	07:00	United Pentecost 10Km	Start and Finish : Buffalo Flats Cricket Ground	United Athletics	Greg Minnie	072 431 7814	gregminnie@vodamail.co.za
Saturday	19/5/2018	07:15	United Pentecost 5Km	Start and Finish : Buffalo Flats Cricket Ground	United Athletics	Greg Minnie	072 431 7814	gregminnie@vodamail.co.za
Saturday	19/5/2018	07:00	Mdantsane AC 10Km	Start and Finish : Mdantsane Indoor Sports Centre	Mdantsane AC	Monica Lahle	076 717 2106	lahlemonica@gmail.com
Sunday	20/5/2018	07:00	All Africa Half Marathon	Venue : TBA	Border Athletics	Alex Kambule	084 202 4872	akambule@wsu.ac.za
Sunday	20/5/2018	07:15	All Africa Half 5Km Fun Run	Venue : TBA	Border Athletics	Alex Kambule	084 202 4872	akambule@wsu.ac.za
Saturday	26/5/2018	08:30	Cambridge Canter 5Km	Venue : Cambridge Primary School	Border Athletics	Dayne Lutge	043 726 8150	dlutge@cambridgeprimary.co.za
June								
Saturday	06/02/2018	07:00	Mdantsane AC 10Km	Start and Finish : Mdantsane Indoor Sports Centre	Mdantsane AC	Monica Lahle	076 717 2106	lahlemonica@gmail.com
Saturday	06/09/2018		Carel du Toit Centre Charity Fun Run 4Km & 8Km	Venue : TBA	Border Athletics	Lara Roux	043 742 1420	cdtaccounts@gmail.com
Sunday	06/10/2018	05:30	Comrades Marathon	Start: Pietermaritzburg - Finish : Durban	Comrades Marathon Association	Comrades Marathon Association		
July								
Saturday	16/6/2018		Open Date					
Saturday	23/6/2018		Ashmel Superspar/PAWS Rhino Run 5km and 10km	Venue : TBA		Gavin De Lange	076 801 6888	paws4africa@gmail.com
Saturday	23/6/2018	09:00	Katberg Eco Trail 21Km Run	Venue : Katberg Golf Estate	Old Selbornian Running Club	Sharon Eldridge	083 284 3781	sharon@summerpride.co.za
Saturday	23/6/2018	09:00	Katberg Eco Trail 10Km Run	Venue : Katberg Golf Estate	Old Selbornian Running Club	Sharon Eldridge	083 284 3781	sharon@summerpride.co.za
Saturday	23/6/2018	11:00	Katberg Eco Trail 3Km Run	Venue : Katberg Golf Estate	Old Selbornian Running Club	Sharon Eldridge	083 284 3781	sharon@summerpride.co.za
Saturday	30/6/2018	08:00	Mercedes Benz Gallop	Venue : TBA	Mercedes Benz Athletic Club			
July								
Saturday	07/07/2018	07:00	Rhodes Trail Run	Start and Finish : Rhodes, Eastern Cape	Rhodes Marathon Club	Rhodes Marathon Club		
Saturday	07/07/2018		Knysna Forest Marathon and Half Marathon		Knysna Marathon Club			
Sunday	07/08/2018	06:30	Trevor Klose 5Km	Start and Finish : Beacon Bay Country Club	East London Athletic Club	Graham Reynolds	082 448 0727	graham@isat.co.za
Sunday	07/08/2018	06:30	Trevor Klose 10Km	Start and Finish : Beacon Bay Country Club	East London Athletic Club	Graham Reynolds	082 448 0727	graham@isat.co.za
Saturday	14/7/2018	14:00	Watergat 15Km Challenge	Venue: Watergat, Macleantown	Oxford Striders	Dillon Pretorius	073 799 6075	info@oxfordstriders.co.za
Saturday	14/7/2018	14:10	Watergat 5Km Fun Run	Venue: Watergat, Macleantown	Oxford Striders	Dillon Pretorius	073 799 6075	info@oxfordstriders.co.za
Saturday	21/7/2018	14:30	Open Date					
Saturday	22/7/2017	09:00	EL Pet Pals Emeraldvale 5km, 10km,15km Trail Runs	Venue : Emerald Vale , Chintsa		Melany Leach	083 800 5002	info@elpetpals.co.za

Friday	27/7/2018	17:00	Washie 160Km Ultra	Start and Finish :	Buffalo Road Runners	Meta Scott	071 074 8022	metascott@telkomsa.net
Sunday	29/7/2018	09:00	Gulu Trail Challenge 10Km	Venue : Farm 19, Fort Pato Road, Gulu	Nedbank RC EL	Nadia Loucouw	078 091 7200	nadialoucouw@gmail.com
Sunday	29/7/2018	09:15	Gulu Trail Challenge 4Km	Venue : Farm 19, Fort Pato Road, Gulu	Nedbank RC EL	Nadia Loucouw	078 091 7200	nadialoucouw@gmail.com
August								
Saturday	08/04/2018	08:00	PAWS/Ashmel Superspar Rhino Run 10Km	Venue : Ashmel Superspar, Berea	Border Athletics	Gavin De Lange	076 801 6888	pawsafrica@gmail.com
Saturday	08/04/2018	08:30	PAWS/Ashmel Superspar Rhino Run 5Km	Venue : Ashmel Superspar, Berea	Border Athletics	Gavin De Lange	076 801 6888	pawsafrica@gmail.com
Sunday	08/05/2018	06:00	Amathola Marathon 42,2Km	Start : Stutterheim - Finish : King Williams Town	Border Road Running Commission	Alex Kambule	084 202 4872	akambule@wsu.ac.za
Sunday	08/12/2018	07:00	BCMA 5Km	Start and Finish : Jan Smuts Stadium, East London	Buffalo City Municipal Athletic Club	Vuyokazi Yengile	073 144 6755	vuyokaziv@buffalocity.gov.za
Sunday	08/12/2018	07:00	BCMA 21,1Km	Start and Finish : Jan Smuts Stadium, East London	Buffalo City Municipal Athletic Club	Vuyokazi Yengile	073 144 6755	vuyokaziv@buffalocity.gov.za
Saturday	18/8/2018		Retail Park Breakfast Run	Venue : Beacon Bay Retail Park				
Sunday	26/8/2018	07:00	Real Gijimas Kasi 10Km	Start and Finish : Sisa Dukashe Stadium	Real Gijimas	Alex Kambule	084 202 4872	akambule@wsu.ac.za
Sunday	26/8/2018	07:15	Real Gijimas Kasi 5Km Fun Run & Schools Challenge	Start and Finish : Sisa Dukashe Stadium	Real Gijimas	Alex Kambule	084 202 4872	akambule@wsu.ac.za
September								
Saturday	09/01/2018		Stutterheim 15km and 5km Fun Run	Start and Finish :				
Sunday	09/02/2018	06:00	Tony Viljoen Masters Marathon 42,2Km	Start : N6 near Cobongo Turnoff - Finish : Beacon Bay Country Club	Border Masters Association	John Oatley	084 619 5126	oatley@eln.co.za
Sunday	09/09/2018	08:00	Jumbo Beach to Beach 8 km	Venue : Osner Hotel	Border Athletics	Asanda	043 702 1900	marketingadmin@jumboclothing.co.za
Saturday	15/9/2018		Reserved					
Sunday	16/9/2018	06:30	Caltex Sole Destroyer 21,1Km	Start : Smithfield Rd, Highgate - Finish : Oxford Striders, Beach Road, Nahoon	Oxford Striders	Dillon Pretorius	073 799 6075	info@oxfordstriders.co.za
Sunday	16/9/2018	07:00	Caltex Sole Teazer 9Km	Start and Finish : Oxford Striders, Beach Road, Nahoon	Oxford Striders	Dillon Pretorius	073 799 6075	info@oxfordstriders.co.za
Friday	21/9/2018	18:00	Touch a Soul 5Km Charity Run	Start and Finish : Oxford Striders, Beach Road, Nahoon	Kempston Group and Oxford Striders			
Sunday	23/9/2018	06:00	Legends Marathon 68Km Ultra	Start : Bisho - Finish : Orient Beach	Border Athletics	Meta Scott	043 735 1302	meta@legendsmarathon.co.za
Sunday	23/9/2018	06:00	Legends Marathon 21.1Km	Venue : Orient Beach	Border Athletics	Meta Scott	043 735 1302	meta@legendsmarathon.co.za
Sunday	23/9/2018	06:00	Legends Marathon 10Km	Venue : Orient Beach	Border Athletics	Meta Scott	043 735 1302	meta@legendsmarathon.co.za
Sunday	23/9/2018	08:00	Legends Marathon 5Km Fun Run	Venue : Orient Beach	Border Athletics	Meta Scott	043 735 1302	meta@legendsmarathon.co.za
Sunday	30/9/2018	07:00	Mercedes Benz 15Km	Start and Finish : Old Selbornian Club	Old Selbornian Road Runners	Sharon Eldridge	083 284 3781	sharon@summerpride.co.za
Sunday	30/9/2018	07:15	Mercedes Benz 5Km	Start and Finish : Old Selbornian Club	Old Selbornian Road Runners	Sharon Eldridge	083 284 3781	sharon@summerpride.co.za
October								
Saturday	10/06/2018	07:00	Walk of Mercy 5Km	Venue : Astro Park	Border Athletics	Berenice Timothy	083 275 1782	berenicetimothy@gmail.com
Saturday	10/06/2018	10:00	Cool Summer Run 2Km, 5Km & 10Km	Venue : Silver Seed Farm	Border Athletics	Brad Taberer	083 740 4689	kidzone@myriver.com
Saturday	13/10/2018	14:30	Jawitz/Old Boys Colour My Run	Start and Finish : Old Selbornian Club	Old Selbornian Road Runners	Sharon Eldridge	083 284 3781	sharon@summerpride.co.za
Sunday	21/10/2018	06:30	The Trevor Gee 5Km	Start and Finish : Beacon Bay Country Club	East London Athletic Club	Graham Reynolds	082 448 0727	graham@isat.co.za
Sunday	21/10/2018	06:30	The Trevor Gee 10Km	Start and Finish : Beacon Bay Country Club	East London Athletic Club	Graham Reynolds	082 448 0727	graham@isat.co.za
Saturday	27/10/2018	19:00	Halloween Night Run/Walk	Start and Finish : Chamberlain Centre, Berea	Old Selbornian Running Club	Sharon Eldridge	083 284 3781	sharon@summerpride.co.za
Sunday	28/10/2018		Mdantsane 10Km		Mdantsane AC	Monica Lahle	076 717 2106	lahlemonica@gmail.com
November								
Saturday	11/03/2018	05:30	Twizza Bonkola Marathon 42,2Km	Start and Finish : Bonkola Dam, Queenstown	Queenstown Harriers	Theo Ferreira	082 873 4597	thoeferreira@telkomsa.net
Saturday	11/03/2018	05:30	Twizza Bonkola Half Marathon 21,1 Km	Start and Finish : Bonkola Dam, Queenstown	Queenstown Harriers	Theo Ferreira	082 873 4597	thoeferreira@telkomsa.net
Sunday	11/11/2018	07:00	Lightning Fast 10Km	Start : Voortrekker Road, Wilsonia - Finish : Oxford Striders, Beach Road, Nahoon	Oxford Striders	Dillon Pretorius	073 799 6075	info@oxfordstriders.co.za
Saturday	17/11/2018	06:00	Gonubie Coastal Challenge 21Km	Start and Finish : Gonubie Sports Club	Gonubie Harriers	Marilene Van Biljon	072 056 2374	vanbiljonM@ecrda.co.za
Saturday	17/11/2018	07:00	Gonubie Coastal Challenge 10Km	Start and Finish : Gonubie Sports Club	Gonubie Harriers	Marilene Van Biljon	072 056 2374	vanbiljonM@ecrda.co.za
Saturday	24/11/2018	06:00	Hamiltons 10Km	Start and Finish : Hamiltons Club	Hamiltons	Bronek Urban	082 577 0932	burban@meversgroup.co.za
Saturday	24/11/2018	06:15	Hamiltons 5Km	Start and Finish : Hamiltons Club	Hamiltons	Bronek Urban	082 577 0932	burban@meversgroup.co.za
Saturday	24/11/2018		Eyesekeasi 12Km	Venue : Thobi Kula Indoor Sports Stadium, Mlungisi Location, Komani	Lukhanji Athletics Club	Sabelo Jayiya / Namapa P Mteyise		sabsjay@telkomsa.net
Saturday	24/11/2018		Eyesekeasi 6Km	Venue : Thobi Kula Indoor Sports Stadium, Mlungisi Location, Komani	Lukhanji Athletics Club	Sabelo Jayiya / Namapa P Mteyise		sabsjay@telkomsa.net
Saturday	24/11/2018	07:00	Kapaailand Half Marathon	Venue : Maclear	Ugie Athletics	Christiaan Kotze	084 512 1808	christiankotze1@gmail.com
Saturday	24/11/2018	08:00	Berlin November Fun Run	Venue : Berlin Race Course		Meta Scott	081 487 4984	meta@legendsmarathon.co.za
Sunday	25/11/2018	09:00	Daily Dispatch Fun Run 4Km	Venue : Orient Pools	EL Pacers	Sharonne Dewing	083 318 3853	sdewing@telkomsa.net
Sunday	25/11/2018	09:15	Daily Dispatch Fun Run 8Km	Venue : Orient Pools	EL Pacers	Sharonne Dewing	083 318 3853	sdewing@telkomsa.net
December								
Sunday	12/02/2018		OMAC 42km, 5km	Venue : TBA	Old Mutual AC - East London			
Saturday	12/08/2018	08:00	Kempston Hogsback Trail Run	Start and Finish : Hogsback	Old Selbornian Running Club	Sharon Eldridge	083 284 3781	sharon@summerpride.co.za
Sunday	12/09/2018		XPE 15Km	Start and Finish : Sisa Dukashe Stadium	Real Gijimas	Alex Kambule	084 202 4872	akambule@wsu.ac.za
Sunday	12/09/2018		CPE 5Km Festive Fun Run	Start and Finish : Sisa Dukashe Stadium	Real Gijimas	Alex Kambule	084 202 4872	akambule@wsu.ac.za
Saturday	15/12/2018	08:00	Jingle Bells Fun Run	Venue : Gonubie Sports Club	Gonubie Harriers	Marilene Van Biljon	072 056 2374	vanbiljonM@ecrda.co.za
Saturday	22/12/2018		Open Date					
Saturday	29/12/2018		Open Date					

PLEASE TAKE NOTE OF THE FOLLOWING RULES AND REGULATIONS:

- All races will be run under the rules of IAAF, ASA and Border Athletics. Any foreign athletes must comply with IAAF rule 4, Paragraphs 2 and 14.2.
- All races that exceed the distance of 5 km will be regarded as an official race.
- 2018 ASA Permanent Licence (Border Athletics) will cost R60 per athlete.
- 2018 Temporary Licences will cost R20 per licence for 10 - 15 km; R30 - 21,1 km; R40 - 42,2km +.
- All fun runs will pay a R5 entry fee per athlete to Border Athletics.
- Fun run race organisers should liaise with Border Athletics regarding transparency in their fun runs. Co-ordinators: Russell Addison Cel.No. 084 566 4637 and Monica Lahle Cell No. 076 717 2106.
- All schools, churches and institutions that want to host a fun run should forward the information document to Border Athletics.
- All fun runs must appear on the annual Border Fixtures List to avoid race clashes.
- Border Athletics will not decline any races if adhered to all ASA and Border Athletics regulations.
- Application form and map to be forwarded to Traffic Department and SAPS for approval before any race.
- All athletes affiliated with a club must run with their licence number on the front and the back of their vests.
- Age flashes must be worn on the left front and on the back during races to qualify for prizes in the age categories.
- Temporary numbers must be worn on the front only. Runners wearing temporary numbers will also be covered by insurance for that race only.
- Race numbers must be visible at all times during the race.
- Athletes are NOT allowed to run with earphones in their ears.
- All referees, marshals and traffic officials must be obeyed.