



# KAAPSEHOOP

## 3 IN 1 MARATHON - 5 NOV 2022

### 42.2 KM

42.2km Starts at 5:30am  
Kaapsehoop / Nelspruit Road  
25°33'6.66"S 30°45'9.21E

**PRE-ENTRIES ONLY**

Buses Depart at 3:30am  
from Mbombela Stadium

### 21.1 KM

21.1km Starts at 5:30am  
Kaapsehoop / Nelspruit Road  
25°32'0.47"S 30°50'6.84E

**PRE-ENTRIES ONLY**

Buses Depart at 4:00am  
from Mbombela Stadium

### 10 KM

10km Starts at 6:00am  
Kaapsehoop/Nelspruit Rd  
25°30'6.60"S 55°40'0.23E

**PRE-ENTRIES ONLY**

Buses Depart at 4:30am  
from Mbombela Stadium

FEES	AMOUNT
10KM ENTRY FEE	R100.00
21.1KM ENTRY FEE	R230.00
42.2KM ENTRY FEE	R380.00
<b>BUS FEE INCLUDED</b>	
*Substitution Fee	R40.00
TEMP NUMBER (10, 21.1 AND 42.2KM)	R150.00
T-SHIRTS	



# NFI WiFi Solutions



## MAT TO MAT TIMING

COMRADES AND TWO OCEANS QUALIFIER  
\*Substitution Fees Applicable

UPGRADES, DOWNGRADES OR SUBSTITUTION CHANGES CAN ONLY BE MADE DURING SEPTEMBER 2022

HALFWAY CUT OFF 9:00AM ON 42KM RACE. NO MEDALS AFTER 11:30AM FINISH CUT OFF

PRIZE GIVING STRICTLY STARTS AT 11:30AM

ALL PRIZE WINNERS FOR EACH CATEGORY MUST BE PRESENT TO RECEIVE PRIZES

PRIZE MONEY WILL BE TRANSFERRED - PLEASE BRING BANKING DETAILS

**PRE - ENTRIES & INFO:**  
[WWW.NELSPRUITMARATHONCLUB.COM](http://WWW.NELSPRUITMARATHONCLUB.COM)  
**PRE ENTRIES CLOSE 5 OCT 2022**



CONTACT MORONGWA DLAMINI: 083 951 0380

PRIZE CAT Men	42.2KM	21.1KM	10KM
1ST OPEN	R10000.00	R4000.00	R3000.00
2ND OPEN	R5000.00	R2000.00	R1000.00
3RD OPEN	R3000.00	R1000.00	R800.00
4TH OPEN	R2000.00		
5TH OPEN	R1000.00		
JUNIOR 1ST		R800.00	R500.00
JUNIOR 2ND		R400.00	R300.00
1ST 40+	R1000.00	R800.00	R500.00
2ND 40+	R500.00	R400.00	R300.00
1ST 50+	R1000.00	R800.00	R500.00
2ND 50+	R500.00	R400.00	R300.00
1ST 60+	R1000.00	R800.00	R500.00
2ND 60+	R500.00	R400.00	R300.00
1ST 70+	R1000.00	R800.00	R500.00
2ND 70+	R500.00	R400.00	R300.00
1ST WALKER		R800.00	R500.00
2ND WALKER		R400.00	R300.00

PRIZE CAT Lady	42.2KM	21.1KM	10KM
1ST OPEN	R10000.00	R4000.00	R3000.00
2ND OPEN	R5000.00	R2000.00	R1000.00
3RD OPEN	R3000.00	R1000.00	R800.00
4TH OPEN	R2000.00		
5TH OPEN	R1000.00		
JUNIOR 1ST		R800.00	R500.00
JUNIOR 2ND		R400.00	R300.00
1ST 40+	R1000.00	R800.00	R500.00
2ND 40+	R500.00	R400.00	R300.00
1ST 50+	R1000.00	R800.00	R500.00
2ND 50+	R500.00	R400.00	R300.00
1ST 60+	R1000.00	R800.00	R500.00
2ND 60+	R500.00	R400.00	R300.00
1ST 70+	R1000.00	R800.00	R500.00
2ND 70+	R500.00	R400.00	R300.00
1ST WALKER		R800.00	R500.00
2ND WALKER		R400.00	R300.00

## INDEMNITY/WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of WA and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any re-sponsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

**MINOR RELEASE:** and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

**ASA Rules:** Obey all Traffic Officials and Race Marshals. The race will be run according to the rules of AMPU, ASA and the WA. **No seconding will be allowed.**

**Ages:** Athletes for 10km must be 14 years or older on the day of the race. Athletes for 21.1km must be 16 years or old-er on the day of the race Athletes for 42.2km must be 20 years or older on the day of the race.

Proof of age (ID) to be produced upon request on day of race. All athletes will participate at their own risk. Registered athletes must wear full club colours. 2022 license numbers on the front and back of the vest. Official Race and Temporary numbers at the front on the vest, below the top part as ASA Number. Remember to complete the Temporary license tear off slip immediately and hand it back to the organizer.

Age category ID tags must be worn (back and front) by athletes competing for a category prize AND must be fixed on the vest (all 4 corners). Walkers must have a fixed "W" on the vest to qualify for any prizes.

Athletes, entering for this event, and use medication to treat an illness or condition which fall under the Prohibited List, should complete a Therapeutic Use Exemption (TUE) form before entering for the event and obtain authorization from SAIDS to take the needed medicine or method.

**Special Medical Conditions or Allergies to be disclosed on entry form. Other Medical and Pandemic Information on Entry Information Page.**