

28 MAY 2022 (SATURDAY)

Venue: CHRISSIESMEER LODGE

Organiser: Conquerors AC



Name :
Great Lake Marathon

Venue :

:Lake Chrissiesmeer Lodge

Time : 5:30 AM

How to Enter

Entries: 27 May 2022
at
Lake Chrissie Lodge
From 4:30 pm - 7:30 pm
and
Fitness Paradise
Ermelo

Shop No:2 Van Riebeeck Street
From:23rd - 27th May 2022

From: 8:00 am - 7:30 pm

Late Entries

at

Lake Chrissie Lodge on the day
of the race (28 May) from
4am - 5:15am

Prices

Entry Fees

42,2Km = R180

21,1Km = R100

10 Km= R50

5Km = R30

Temporary License

R40.00

Contact

Mbongiseni Ndlangamandla

:079 269 0152

Lindani Myeni

:079 977 2383

Petros Ndlangamandla

:074 0416 591



POSITION/ CATEGORY	DISTANCE		
	42,2km	21,1km	10km
1	R2000	R1000	R 500
2	R1000	R 500	R 250
3	R 500	R 250	R 150
Juniors	N/A	R 500	R 250
			R 150
			R 100
(40+) 1	R 500	R 250	R 150
2	R 300	R 150	R 100
50+	R 500	R 250	R 150
60+	R 500	R 250	R 150
70+	R 500	R 250	R 150

NB! ALL FINISHERS ARE AWARDED A MEDAL

ASA Rules Apply:

- *No seconding will be allowed.
- *No earphones or Walkman's allowed.
- *No dogs.
- *Obey traffic officials and race marshals.
- *Athletes for 10km must be 14 years or older on the day of the race.
- *Athletes for 21,1km must be 16 years or older on the day of the race.
- *Athletes for 42,2km must be 20 years or older on the day of the race.
- *Races presented according to the rules of ASA & WA.
- *All athletes will participate at their own risk.
- *Walkers to have a W on their vest and can only qualify for a walker prize
- *Age category ID. tags must be worn according to ASA rules (back and front) & its must be clearly displayed for the duration of the event by athletes competing for a category prize and not be covered with rain jackets, Hydration pack etc.
- *ASA 2022 License No. on the FRONT and back of the vest.
- *Parking at own risk
- *NO TOG BAG AREA.
- *Temp Licence at the front on the vest. Tear of slip must be completed.
- *Race number should not cover the valid ASA license logo.
- *Age category Tags must we warn to compete for a category prize.
- >> I declare that I run at my own risk and indemnify the organisers, sponsors of my responsibility for injury or loss.
- >> Category winner must be present at the prize giving ceremony or make prior arrangements to collect the award, failing to do so the athlete will forfeit his/her prize money.
- *Cut-off time: 05:00 hours

Contact Details:

Mbongiseni Ndlangamandla

☎: 079 269 0152

All covid-19 protocol will be apply



GREAT LAKE MARATHON

