



# ZABALAZA MARATHION



## ENTRY FORM

SURNAME \_\_\_\_\_  
 NAME \_\_\_\_\_  
 SEX M/F \_\_\_\_\_  
 AGE \_\_\_\_\_  
 2022/2023 Lic No \_\_\_\_\_  
 CLUB/SCHOOL \_\_\_\_\_  
 PROVINCE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_

POSTAL CODE \_\_\_\_\_  
 SA CITIZEN : YES/NO  
 ID NUMBER \_\_\_\_\_

FOREIGN/VISITOR : PASSPORT NO  
 TELEPHONE NO : \_\_\_\_\_  
 CELL/WORK : \_\_\_\_\_  
 E MAIL : \_\_\_\_\_

AGE CAT : eg. J, 35-39, 40-49, etc

RACE ENTERED: 42.2 KM run R 350  
 21.1 KM run R 250  
 10 KM run R 200



**DATE:** 19 February 2023  
**VENUE:** George Cato Primary School  
**START TIME:** 42.2 KM run and 21.1 KM run at 05:15  
 10 KM run 05:30  
 All three races start and finish at George Cato Primary School

**ENTRY FEE:** 42.2 KM run R 350 (This is a Two Oceans and Comrades qualifier)  
 21.1 KM run R 250  
 10 KM run R 200  
 70+ years old free entry (proof required)

**TEMP LIC.** 42.2 KM - N/A  
 21.1 KM - R 90  
 10 KM - R 60

**PRIZE GIVING:** 10 KM and 21.1 KM at 09:30  
 and 42.2 KM 11:00

**CLOSING DATE:** For online entries 14/02/2023 at 00:00  
 For manual entries and number collection on 17 and 18/02/2023 from 10:00 to 16:00

Online entries link- <https://www.webtickets.co.za/v2/Event.aspx?itemid=1524729497>  
 No entries on the morning of the race.  
 Online entrants can collect their numbers on the morning of the race

Medals to all finishers  
 T-Shirts to first 500 entrants

**ENQUIRIES:** Bongani: 073 225 4146  
 Nonjabulo: 083 627 7411



# RULES

- The race will be staged according to the rules of WA, ASA and KZNA.
- 10 km participants must be 14 years or older on the day of the race.
- 21.1 km participants must be 16 years or older on the day of the race.
- 42.2 km participants must be 20 years or older on the day of the race.
- Junior athletes 19 years on 31 December in the year of the event, must wear a "j" on the upper front and back of the vest/crop top in order to be eligible for prizes and must provide proof of age on race day.
- Traffic Officers, race officials, marshals and technical officials to be obeyed at all times
- Foreign athletes must abide by WA Rule 4.2, 22.1, 142 and ASA rule 9
- Temp licence holders are not covered by a National Insurance Policy.
- No pacing and seconding allowed.
- Wear plain clothes when using temp licence. No advertising.
- Permanent licence holders to wear club colours.
- ASA/KZNA approved age category tags must be worn on the front and the back of the vest/crop top and must be clearly visible to claim the prize.
- 2023 licence numbers to be worn front and back on the upper part of the body. They must be visible.
- Proof of age must be produced if requested.
- No refunds for entry fees for non participation.
- Cut off : 10km 2h30, 3h30 for 21.1 km and 6hours for 42.2km.
- Race number must be pinned on the front licence number in such a way that the logo and year of the licence is visible.
- Tog bag facility at owners risk.
- All entrants participate at their own risk. Organisers and sponsors will not be held responsible for any loss, injury or any damage during or as a result of the race, property lost or damaged on the course or in the changing areas.



- 42.2km halfway cut off is 3 hours. Any runner who will fail to pass halfway by 3 hours will be asked to leave the road.
- Marathon entrants may finish only the half marathon if desired but will not qualify for half marathon prizes. Half marathon entrants may not complete the second lap to complete the marathon.
- Any athlete qualifies for the race he/she entered for

## PRIZE MONEY MALE AND FEMALE

CATEGORY	42.2KM	21.1 KM	10 KM
OPEN	1. R3 000	1. R1 500	1. R1 000
	2. R2 000	2. R1 000	3. R500
	3. R1 000	3. R500	3.R350
35 – 39	1. R800	1. R500	1. R350
	2. R500	2. R350	
40 – 49	1. R800	1. R500	1. R350
	2. R500	2. R350	
50 – 59	1. R800	1. R500	1. R350
	2. R500	2. R350	
60 – 69	1. R800	1. R500	1. R350
	2. R500	2. R350	
70+	1. R700	1. R400	1. R350
Juniors		1. R500	1. R350
		2. R350	

## ROUTE

The route is undulating and fast. All three races are mainly on Comrades route

10km is to and fro between Cato Ridge and Camperdown. 8.74 km is on Comrades route.

21.1 km is one lap. 14.712 km is on Comrades route.

42.2 km is 21.1 times 2 (two laps)

