



26TH

TOWNSHIP MARATHON

SUNDAY 30th APRIL 2023

ELDORADO PARK STADIUM
CUMMING ROAD
ELDORADO PARK

SECURED & SAFE PARKING IN THE STADIUM



TOWNSHIP MARATHON

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Special 26th edition high quality T-shirt to the first 2500 pre-entries on Marathon, Half-Marathon.
T-shirts for the 10km events is entry fee plus R150.00 additional.
Starting time: Marathon, H/Marathon & 10km Run = 6:00am | 10km Walk = 6:10am
4.5km Fun Run/Walk = 6:30am | Cut off time: 12:00 noon.
Gun to Mat timing.
Vitality points awarded to pre-entrants.
CGA APPROVED RACE

TOWNSHIP MARATHON

Number collection & late entries **Friday & Saturday 28th & 29th April**
from **09:00 to 16:00**.

Sunday 30th April 2023 race number collections for Marathon,
Half Marathon and 10km.

Sunday 30th April 2023 Registration for **10km Run & Walk** and
4km Fun Run/walk only.

Store entries eligible for T-shirts close **10th April 2023**

The Sweat Shop, Fourways Crossing, Shop U4A | **Tel: (011) 467-5966**

The Sweat Shop, Dunkeld West Centre, Jan Smuts Ave, Dunkeld | **Tel: (011) 325-2567**

The Randburg Runner, Cnr. 5th Street & 4th Avenue, Linden | **Tel: (011) 888-9644**

Orlando Community Hall, Soweto | **Tel: 073 944-2571**

CGA, Germiston | **Tel: 073 944-2571**

8 Nieuwveld Street Eldorado Park, Soweto, 1811, South Africa | **Tel: (083) 704-3649**



On-line Entries
www.peaktiming.co.za
closes: **10th April 2023**



Surname: _____

First name: _____

Postal address: _____

_____ Code: _____

Age on race day ID number/ Gender M F

Category (Mark with X)

Junior Men	15-19	Senior Men	20-39	Veteran Men	40-49	Master Men	50-59	Grandmaster Men	60+
Junior Women	15-19	Senior Women	20-39	Veteran Women	40-49	Master Women	50-59	Grandmaster Women	60+

Club: _____ Province: _____ Licence number: _____

Tel (w): _____ (h): _____ Cell: _____

Email: _____ Facebook:/ _____ Twitter:/ _____ Instagram:/ _____

Number of Township Marathons completed

	Marathon	Half Marathon	10kmRun/Walk	4km Run/Walk
Pre-Entry fee:	: R450	: R300	: R150	: R80
Blind Runners:	: Free	: Free	: Free	: Free
Grandmasters:	: R350	: R200	: R100	
Temp License:	: R200	: R70	: R60	
Late-Entries:	: R550	: R400		
T-Shirts	: Inclusive	: Inclusive	: R150 For pre-entries only	

Entry fee	R _____
Temp licence	R _____
T-Shirt	R _____
Donation	R _____
Total	R _____

T-Shirt size: mark with an X

XL	L	M	S
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EVENT: Please indicate which race you would like to enter by marking the relevant box with an X

ALL LATE ENTRIES EXCLUDES T-SHIRT. T-shirts can be purchased on Saturday and Sunday at R150.00

Payment Method: cash Deposit/EFT

Payable to: Township Marathon

Deposit entry fee into bank account: Township Marathon, First National Bank, Acc. No. 62447481524, Branch Code 256055 Southgate.

Please note that entry fees are not refundable.

Disclaimer

I acknowledge and agree that township Marathon, its employees and agents, sponsors, suppliers and volunteers associated with event will not accept responsibility for injury, damage or loss of any nature whatsoever which may result from participating in the Township Marathon, and I declare that I am participating in the Township Marathon entirely at my own risk even if I have not read this disclaimer and someone has entered on my behalf. If the marathon should be cancelled owing to circumstances beyond the control of the organisers, no refunds will be granted.

Note: Consult a medical practitioner before engaging in any activity. Entry into the marathon requires proof of payment to accompany the event form before the deadline in order to validate the entry and goodie bag qualification.

Signature of entrant

Signature of parent or guardian of entrant if under 18 years

Rules

1. Run in accordance with the rules of ASA and CGA.
2. Proof of age to be produced on request.
3. Marathon runners must be 20 years or older on race day.
4. Half-Marathon runners must be 16 years or older on race day.
5. 10km race runners must be 15 years or older on race day.
6. Fun Run open to all age groups.
7. No seconding allowed, as there are ample watering points.
8. Registered athletes must be a member of a club affiliated to ASA and wear club colours.
9. International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize.
10. Temporary licenced athletes must wear plain clothing.
11. The issued race number/bib which include a timing chip, must be worn throughout the race in front of the vest on top of the 2023 provincial licence bib, not concealing the sponsors name and the issued temporary licence number must be worn on the back of the vest and the issued race number on the front of the vest.
12. Only top 3 positions for men and women are open. The rest of the categories are applicable to athletes competing for these categories. Athletes must wear their age category tags on the back and front of their vest, clearly visible.
13. No walkers in the marathon.
14. Wheelchair athletes are welcome to participate in 10km run/walk road race only.
15. No rollerblades, skateboards or cyclists allowed on the route.
16. Registered athletes must wear their club colours together with their 2023 provincial licence bib on the back and front of their garment/vest with the Issued race number on top of their provincial licence bib not obscuring the sponsors names on their provincial bib number
17. Regrettably, athletes are not allowed to participate with pets.
18. Walkers competing for prize money must wear short pants. Any long pants covering the legs will lead to disqualification.
19. Entry fee is not refundable.
20. All entrants participate at their own risk.
21. Blatant running by any walker may lead to immediate disqualification.
22. Walkers must wear their WALK tags.
23. Three warnings may lead to disqualification.
24. Team prizes: Only SA citizens or permanent residents will be eligible.
25. All foreign athletes must comply with the rules of IAAF and ASA rule 142.2 and 4.2.
26. All traffic officers and officials instructions to be obeyed.
27. Athletes are only eligible for prizes if all information is completed on their race number, tear-off strip.
28. Athletes are only eligible for prizes in the race they have entered.
29. Objections must be lodged within 30 minutes (before or after prize-giving) in writing to the chief referee, accompanied by R500, which is refundable if the appeal is upheld.
30. The organisers reserve the right to accept or reject any entry.
31. No ear plugged devices allowed during the race, excluding hearing aid devices in contravention

- of IAAF rule 144.2b may lead to disqualification.
32. Foreign athletes are not allowed to run with a ASA Provincial licence and are required to purchase a temporary licence or face disqualification. (Refer to IAAF rule 4.)
 33. Foreign athletes are not allowed to run in club colours unless such club exist in their country of origin or they are in possession of a refugee status permit or are naturalised citizens of RSA. (Refer to IAAF rule 4.)
 34. The race will be staged in accordance with strict COVID 19 Rules and regulations as required by law.

Total Prize-money **R62 440.00**

Marathon:

Equal Cash Prize Money for Men & Women

Pos	Open R	Veteran R	Master R	G/master R	Starting Time:	06h00			
					Prize-Giving:	11h00			
1	3 000	1 000	750	500	Marathon Record Incentive				
2	2 000	750	400	300					
3	1 500	500	250	200	Man:	Raphael Segodi	2:20:17	(2013)	R3 000-00
					Woman:	Michelle Williams	2:52:55	(2013)	R3 000-00

Half-Marathon:

Equal Cash Prize Money for Men & Women

Pos	Open R	Junior R	Veteran R	Master R	G/master R	Starting Time:	06h00			
					Prize-Giving:	10h00				
1	1 500	300	500	400	300	Half-Marathon Record Incentive				
2	1 000	200	300	250	200					
3	500	100	200	150	150	Man:	Derocious Makubane	1:06:29	(2014)	R1 500-00
					Woman:	Lebogang Phalula	1:20:09	(2016)	R1 500-00	

10km Run:

Equal Cash Prize Money for Men & Women

Pos	Open R	Junior R	Veteran R	Master R	G/master R	Starting Time:	06h00			
					Prize-Giving:	09h00				
1	1 000	200	400	300	200	10km Run Record Incentive				
2	500	100	250	200	150					
3	300	70	150	150	100	Man:	Namakoe Nkhasi	0:29:57	(2018)	R1 000-00
					Woman:	Nolene Conrad	0:34:24	(2013)	R1 000-00	

10km Walk

Equal Cash Prize Money for Men & Women

Pos	Open R	Junior R	Veteran R	Master R	G/master R	Starting Time:	06h10			
					Prize-Giving:	09h00				
1	1 000	100	400	300	200	10km Walk Record Incentive				
2	500									
3	300					Man:	Lebogang Shange	0:41:29	(2016)	R1 000-00
					Woman:	Zelda Schultz	0:49:33	(2020)	R1 000-00	

4,5km Run/Walk

Medals to all Finishers

Starting Time: 06h30
Entry Fee: R80

Gold: Top 3 Men & Women
All category Winners
Silver: To Sub 40 minutes
Bronze: To all Finishers

For more information contact: Joe Morris - 082 443 3777 & Gerhard Van Wyk - 083 292 9551