



Presented by Secunda Marathon Club

Saturday 11 March 2023

73.3 KM

42.2KM, 21.1KM, 10KM

Online entries: www.kosmos3in1.co.za

Online entries closes on 26 February 2023 for 73.3km

NO substitutions	3-in-1	42.2 km	21.1 km	10 km
Entry fee	R660	Online: R300 Late: R350	R230	R150
Start time		06:00	13:00	17:00
Cut-off time		12:00	16:30	19:00
Minimum age on race day		20 years	16 Years	14 years
Entries	Online only Closing date: 26 February 202	Online Fri: 5:00-21:00 Sat: 04:00-05:45	Online Fri: 5:00-21:00 Sat: 11:30-12:45	Online Fri: 5:00-21:00 Sat: 15:30-16:45
Registration (collection of race number)		Fri: 5:00-21:00 Sat: 04:00-05:45	Fri: 5:00-21:00 Sat: 11:30-12:45	Fri: 5:00-21:00 Sat: 15:30-16:45
Temporary Licence (required if you do not have a ASA licence)		R40		

Start and finish at Lake Umuzi - Secunda

GPS coordinates to parking: 26 31'05.9"S 29 10'32.7"E



Qualifier

IMPORTANT INFORMATION:

- Early bird entries for the 3-in-1 (73.3km) received before 26 February 2023, will receive a free t-shirt.
- Runners will receive confirmation of entry via SMS. Please bring your entry confirmation, ID and proof of payment to registration.
- The late entry fee for the 42.2km race includes a R60 admin fee.
- The 42.2km race is a Comrades Marathon qualifier.
- No refunds for race cancellation due to inclement (bad) weather or any other reason shall be given.
- All athletes completing their 10th, 15th or 20th race will receive a commemorative jacket
- All children at the venue **MUST** be under adult/parent supervision at **ALL TIMES**.
- Food stalls available at race venue.
- For accommodation reservations and camp sites at Lake Umuzi, please contact 017 631 3452/41 or 087 233 5082.
- For more information visit our website: www.kosmos3in1.co.za or contact our race office at info@kosmos3in1.co.za

RACE RULES:

- All athletes will participate at their own risk and by entering this event, all athletes then declare that they do indeed run at their own risk and indemnify the organisers/sponsors of any responsibility for injuries or losses.
- The race will be run according to the rules of AMPU, the ASA and the WA.
- All athletes must obey the traffic officials and race marshals at all times.
- Proof of age (ID) to be produced on day of race.
- Registered athletes must wear full club colours
- Age category ID tags must be worn (back & front) by athletes competing for a category prize **AND** must be fixed on their vest at all four corners.
- BOTH 2023 licence numbers **MUST** be worn, one on the front and one on the back of the vest.
- The race number must be worn on the front of the vest but **MUST NOT** cover the ASA logo and province logo at the top of the licence number.
- The race number (with timing device) must be worn unaltered for the duration of the event.
- A temporary licence must be worn on the back of the vest if you do not have an ASA licence and the temporary licence tear off slip must be completed and returned to the organizers.
- Athletes completing the race without their race number and timing chip will be classified as non-finishers.
- Foreign athletes will be subject to WA rule 4.2 and must provide a clearance permit from their home federation in order to participate in the Kosmos 3-in-1. Such permit must be presented to the organisers at registration, when collecting their race numbers.
- From 2018 permanent numbers will only be issued after completing ten 3-in-1 races. If your first 3-in-1 race finished was prior to 2018 you will still qualify for a permanent number after completing 5 races.
- Athletes entering for this event and using medication to treat an illness or condition which falls 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.
- There will be a 5-hour cut-off point on the 42.2 km race at the 32km mark. Any runner who has not passed this point by 11h00 will not be allowed to finish the 42.2 km race but will still be able to participate in the 21.1km and 10km races.
- No seconding and no cyclist will be allowed on the route.
- The use of I-pods/earphones during the race will lead to disqualification.
- The referee's decision is **FINAL**.

PRIZE MONEY:

PLACE	CATEGORY	PRIZE MONEY
New record		R5 500
1st	3-in-1 73.3 km	R3 000
2nd	3-in-1 73.3 km	R2 500
3rd	3-in-1 73.3 km	R2 000
New record		R2 230
1st	Open - 42.2 km	R1 250
2nd	Open - 42.2 km	R1 080
3rd	Open - 42.2 km	R 750
1st	40+ - 42.2 km	R 880
2nd	40+ - 42.2 km	R 720
3rd	40+ - 42.2 km	R 450
1st	50+ - 42.2 km	R 630
2nd	50+ - 42.2 km	R 580
3rd	50+ - 42.2 km	R 530
1st	60+ - 42.2 km	R 500
2nd	60+ - 42.2 km	R 430
New record		R1 490
1st	Open 21.1 km	R1 000
2nd	Open 21.1 km	R 790
3rd	Open 21.1 km	R 450
1st	40+ - 21.1 km	R 570
2nd	40+ - 21.1 km	R 430
1st	50+ - 21.1 km	R 440
2nd	50+ - 21.1 km	R 430
1st	60+ - 21.1 km	R 440
2nd	60+ - 21.1 km	R 360
1st	Junior - 21.1 km	R 440
2nd	Junior - 21.1 km	R 360
New record		R 930
1st	Open 10 km	R 440
2nd	Open 10 km	R 360
3rd	Open 10 km	R 300
1st	40+ - 10 km	R 500
2nd	40+ - 10 km	R 430
1st	50+ - 10 km	R 440
2nd	50+ - 10 km	R 430
1st	60+ - 10 km	R 440
2nd	60+ - 10 km	R 430
1st	Junior - 10 km	R 440
2nd	Junior - 10 km	R 340
3rd	Junior - 10 km	R 380

COURSE RECORDS:

COURSE	3-IN-1	42.2 KM	21.1 KM	10 KM
MEN	04:13:29 (2007)	02:17:22 (2011)	01:04:06 (2012)	00:30:27 (2016)
WOMEN	05:10:12 (2009)	02:50:29 (2013)	01:21:34 (2009)	00:37:35 (2016)