



RUN CITY OF MBOMBELA 4 IN 1 MARATHON (42.2KM)

This event has been approved as a qualifier for Comrades 2022.

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 the day of race.

The Run City of Mbombela 4 in1 Marathon will be hosted under strict COVID-19 compliance procedures to ensure that every person can enjoy a safe event.

All COVID-19 protocols adhered from the starting point to the finish point.

This process will ensure that we remain below the official gathering regulations of Modified Level 1 (Lowered) and that you are adequately socially distanced from one another. Race numbers will be colour coded to ensure the runner enters the correct batch on race day.

The 42.2km Marathon will be timed using:

1. Mat to Mat for any position and prize money.

ALL category winners must wear their age Tag in order to qualify for their prize.

Start of 42.2km @Barberton (Emjindi) Civic Centre (General Street) at 6h30am. Finish is at Hoërskool Bergvlam Sportsground Cut-off is **12:30** Middy.

Cut –Off Stations:

1st Cut-off will be @ 21.1km @ 9:30am

2nd Cut-off will be @33km @11:30am

No Medals will be issued after cut off time.

Buses depart at 04h00am Hoërskool Bergvlam to Barberton(Emjindi) Civic Centre.

YOUR RACE BIB WILL SERVE AS YOUR BUS TICKET

All athletes will participate at their own risk.

4 IN 1 HALF - MARATHON (21.1KM)

Athletes for 21.1km must be 16 years or older on the day of the race. Proof of age (ID) to be produced upon request on the day of race.

The marathon will be hosted under strict COVID-19 compliance procedures to ensure the safety of the athletes, crew members, spectators so they can enjoy participating without any fear.

Adherence to official gathering regulations of Modified Level 1 will be monitored and athletes are adequately socially distanced from one another. Race numbers will be colour coded to ensure that athletes are correctly directed.

The 21.1km Half-Marathon will be timed using:

1. Mat to Mat for any position and prize money

Start of 21.1km @R40 - Barberton Road 6h30am. Finish is at Hoërskool Bergvlam Sportsground Cut-off is 10:30AM.

Cut –Off Stations:

1st Cut-off will be @ 12km @ 8:30am

No Medals will be issued after cut off time.

Buses depart at 04h00am from Hoërskool Bergvlam to R40 - Barberton Road. YOUR RACE BIB WILL SERVE AS YOUR BUS TICKET

All athletes will participate at their own risk.

RUN CITY OF MBOMBELA 4 IN 1 (10KM)

Athletes for 10km must be 14 years or older on the day of the race. Proof of age (ID) to be produced upon request on the day of race.

The **Run City of Mbombela 4 in 1 Marathon (10km)** will be hosted under strict COVID-19 compliance procedures to ensure that every person can enjoy a safe event.

A COVID-19 start will see runners setting according to the rules and legislation of the Disaster Act, allowing for ample social distancing, from 06h30.

This process will ensure that we remain below the official gathering regulations of Modified Level 1 and that you are adequately socially distanced from one another. Numbers will be colour coded to ensure the runner enters the correct batch on race day.

The 10km Fast One will be timed using :

1. Mat to Mat for any position and prize money,

Start of 10km is at R40 - Barberton Road 6h30am. Finish is at Hoërskool Bergvlam Stadium. Cut-off is 10:30am.

No Medals will be issued after cut off time.

All athletes will participate at their own risk.

RUN CITY OF MBOMBELA 4 IN 1 FUN-RUN 5KM.

Athletes for 5km must be **9 years or older** on the day of the race. Proof of age (ID) to be produced IF requested on the day of the race.

The RUN CITY OF MBOMBELA 4 IN 1 **FUN-RUN 5km** - will be hosted under strict COVID-19 compliance procedures to ensure all our participants are safe during the event.

A COVID-19 start will see runners setting off in a batched group, allowing for ample social distancing, from 7h00am.

This process will ensure that we remain below the official gathering regulations of Modified Level 1 and that you are adequately socially distanced from one another. Numbers will be colour coded to ensure the runner enters the correct batch on race day.

The 5km will NOT be timed:

Start of Fun Run (5km) is at Hoërskool Bergvlam at 7h00am. Finish is at Hoërskool Bergvlam Sportsground Cut-off is 09:00am.

All athletes will participate at their own risk.

MARATHON RACE T-SHIRTS

Race T-Shirts are on sale @ **R185.00 each.** Kindly take note that Race T-shirt DESIGN is in progress and will be published on both the website as soon as it becomes available.

Please purchase your shirt and register your size as per the sizing table below. Note that the sale of T-shirts will only be accommodated until the 10th June 2022 due to printing.

FOREIGN ATHLETES

All foreign athletes must comply with WA (World Athletics) rule 142 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.