

5KM 10KM 21KM 42KM

BNAC MARATHON



SPONSORED BY



05 MARCH 2023

CLICK HERE TO
ENTER ONLINE
www.entryinja.com

START TIMES

42.2KM | 21.1KM 06h00

10KM | 5KM 06h10

RACE WALKING LEAGUE 06h15

FREE T-SHIRT TO FIRST **250**
ONLINE MARATHON ENTRIES

BENONI NORTHERNS SPORTS CLUB

CNR O'REILLY & BRODIGAN STREET
NORTHMEAD, BENONI

ONLINE ENTRIES CLOSE MIDNIGHT 27 FEBRUARY 2023

WWW.BNAC.CO.ZA | RACES@BNAC.CO.ZA | 066 468 3689

- The race is run in accordance with the rules of ASA and CGA. Athletes indemnify the national, provincial, and regional bodies, sponsors, and organisers of the race against all or any actions of whatsoever nature that may arise out of their participation in the race.
- Registered athletes, who must be members of a club affiliated to ASA to wear their club colours, must wear their 2023 licence number (front and back).
- Non-registered athletes must purchase a temporary license to run in the 10km, 21.1km and 42.2km events. Temporary licenses can be purchased with entries. Temporary-licensed athletes must wear plain clothing with the issued temporary licence numbers.
- Licensed athletes who do not wear their 2023 licence numbers must purchase a temporary licence or face disqualification.
- Licensed athlete's not wearing Club colours may face disqualification.
- Race number to be worn on the front of the vest on top of the provincial A.S.A licence number not concealing "the sponsors' logos" at the top of the licence.
- 10km minimum age is 15 years; 21.1km minimum age is 16 years and 42.2km minimum age is 20 years. Numeric age category ID tags are to be worn on the back and front of the vest, and clearly visible. Proof of age must be produced on request on the day.
- Walkers are welcome for the 10km, 10km and 21.1km events. Walkers must comply with international walking rules.
- Walkers must wear identifying W's clearly visible back and front of their vests.
- Wheelchair athletes are welcome but due to safety reasons may only participate in the 21.1km race. Only the following wheelchair makes may compete: a normal athlete chair or a rugby, basketball or tennis wheelchair. Other types of wheelchairs will not be accepted due to safety reasons.
- No seconding allowed.
- 12-hour cut-off for the marathon.
- Proof of age for prize winners may be required and to be presented to referees before prize-giving. Prizes will be withheld until all necessary details of the winners are confirmed.
- No blades, cyclists or mechanically operated devices are allowed in the race.
- Regrettably, no animals will be allowed on the route of the race.
- No refunds will be entertained.
- International athletes must provide a clearance letter from the country of origin to the referee in the event of winning a prize.
- Foreign athletes may not run with a provincial license unless they are domiciled within the Republic. All foreign athletes will be required to purchase a temporary license or face disqualification.
- Foreign athletes are not allowed to run in South African club colours unless such Club exists in their country of origin, or they are in possession of a refugee status permit or are naturalized citizens of RSA. (Refer to IAAF Rule 4).
- Wearing headphones/earphones is prohibited.
- Athletes may not run with another athlete's race number unless by prior arrangement with the race organiser.
- The race organiser retains the right to refuse entry and eject persons under the influence of drugs or alcohol who are disorderly or engage in inappropriate behaviour vandalism or evade paying for admission.
- Runners participating without buying a race entry will also face disqualification and will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge.
- Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
- 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.
- Athletes are only eligible for prize money for the race they have entered.
- All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race numbers and entry form.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Athletes can be disqualified if they litter.
- Electronic timing will be done by Chamberlains Timekeeping in partnership with FinishTime. The timing chips will be fixed to race numbers.
- To ensure that you are accurately recorded in the Race Results it is important that you wear the race number supplied which is associated with the details you provided during the entry process.
- NO CHIP. NO RESULTS.
- The Marathon qualifying times are automatically submitted to Comrades.

PRIZE GIVING

10KM & 21.1KM AT 9AM | 42.2KM AT 11AM

GOLD MEDALS

First in each category for Marathon, Half Marathon and 10km.

SILVER MEDALS

First 10 in 42.2km and first 10 in 21.1km.

PRIZES AND MEDALS

OPEN MEN & WOMAN

1st R1500 FULL MARATHON
2nd R900 FULL MARATHON
3rd R500 FULL MARATHON

1st R1000 21KM RUNNERS & 21 KM WALKERS
2nd R600 21KM RUNNERS & 21KM WALKERS
3rd R400 21KM RUNNERS & 21KM WALKERS

1st R600 10KM & 10KM WALKERS
2nd R400 10KM & 10KM WALKERS
3rd R300 10KM & 10KM WALKERS

VETERAN MEN & WOMAN (EACH)

1st R600 FULL MARATHON
1st R450 HALF MARATHON

MASTER MEN & WOMAN (EACH)

1st R600 FULL MARATHON
1st R450 HALF MARATHON

GRANDMASTER MEN & WOMAN (EACH)

1st R600 FULL MARATHON
1st R450 HALF MARATHON

TYPE OF ENTRY

	MARATHON	HALF MARATHON	10KM	5KM
Pre-Entry	R 300	R 250	R 200	R 100
Late Entry	R 350	R 300	R 250	R 130
Temporary Licence	R 200	R 70	R 60	-
Runners 60+ Blind Runner & Seconder Pre-Entry	R 250	R 200	R 150	-
Runners 60+ Blind Runner & Seconder Late Entry	R 350	R 300	R 250	-

Late entries will be taken at BNAC on Wednesday, 1 March 2023 from 15:00 to 19:00 and on Saturday, 4 March 2023 from 9:00 to 17:00.

NO REFUNDS.

Medals to all finishers.

T-Shirts to first 250 online MARATHON entrants.

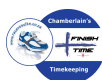
Main Sponsor:



Media Partner:



Timing By:



Clean Up & Recycling by:



This is a CGA approved race:



RACE INFORMATION ENQUIRIES

RACE OFFICE: 066 468 3689 | E-MAIL: rates@bnac.co.za | WHATSAPP: 066 468 3689