

BIGIST 2023 BIGIST

MARATHON, HALF MARATHON AND 10KM

INCORPORATING THE WPA MARATHON CHAMPIONSHIPS

6:30AM

42.2KM

R260 LICENSED R340 UNLICENSED 6:45AM

21.1KM

R160 LICENSED R230 UNLICENSED 7:00AM

10KM

R100 LICENSED R145 UNLICENSED

ENTRIES OPEN 15 MAY WWW.ENTRYNINJA.COM

RULES OF ENTRY:

- 1. Race to be run under the rules of the ASA and WPA.
- 2. Online entries only. No entries on race day.
- 3. Number collection at:
- Sportsmans Warehouse Rondebosch, Friday 25 August from 1pm 6pm.
- Table Bay Mall, Saturday 26 August from 10am to 1pm and on race day Sunday, 27 August from 5am.
- 4. Participants must be 20 years or older on the day of the race to participate in the marathon, 16 years or older for the half marathon and 14 years or older for the 10km.
- 5. Licensed athletes should run in full club colours and 2023 licenses must be worn on the front and the back of the vest. Race numbers will be issued, to be worn on the front, ensuring ASA license sponsor remains visible.
- 6. Temporary licensed athletes should run in clothing without bold advertising.
- 7. Temporary licenses are available at number collection for R80 (42.2km), R70 (21km), R45 (Senior 10km), R25 (Junior 10km). Unregistered participants must purchase a Temporary License which must be worn on the back of the vest.
- 8. Juniors born 2004 or later wearing a junior or senior license must display age tags 'J' to qualify for age group prizes.
- 9. In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front & back of their club vest.
- 10. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- 11. Participants may enter the age category corresponding to their chronological age or younger down to senior.
- 12. All participants must obey traffic officers, race marshals & officials at all times.
- 13. There will be refreshment stations every 3km with water and Coca Cola, as well as carry your own fill-up facilities. Please note: no sachets at water tables.
- 14. No personal seconding permitted, except at official refreshment stations.
- 15. Time limit for marathon: 6h00. Time limit for half marathon: 3h30. Time limit for 10km: 2h00.
- 16. Prize giving will start at 10am for the 10km participants, 11am for 21km participants, and at 12pm for the marathon participants.
- 17. All prizes monies will be paid electronically. All prize winners must supply their banking details and a copy of their ID.
- 18. The marathone (42.2km) is a WPA CHAMPIONSHIP race.
- As such, WPA will award (over and above the race prize money) prize money and medals to WPA registered athletes for the WPA 42.2km Championship race in 10 year categories:
 - o Open through to 70+: 1st place R1000, 2nd place R750, 3rd place R500
- 19. The results will be available on the WPA Website (www.wpa.org.za).
- 20. Tog bag facilities will be provided at participants own risk.
- 21. The use of headphones is not allowed and may result in disqualification. This is for your own safety and for those around you!
- 22. Please do not litter. Dispose of litter responsibly by using the bins provided or carrying them to the Finish.
- Report offenders to the referees as this may result in disqualification.
- 23. Medals to all participants!
- 24.Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies, and all persons assisting in staging the event from any responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.

Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.

Detailed rules are available on http://www.wpa.org.za/ or on request from the organisers or the WPA office.

Prize Money (Male and Female)

10 KM

#	JUNIORS	OPEN	40 - 49	50 - 59	60 - 69	70+
1st	R400	R1000	R400	R400	R400	R400
2nd	R300	R750	R300	R300	R300	R300
3rd	R200	R500	R200	R200	R200	R200

21.1 KM

#	OPEN	40 - 49	50 - 59	60 - 69	70+	
1st	R1500	R800	R800	R800	R800	
2nd	R1250	R600	R600	R600	R600	
3rd	R1000	R400	R400	R400	R400	

42.2 KM

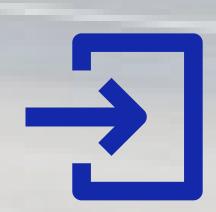
#	OPEN	40 - 49	50 - 59	60 - 69	70+
1st	R2000	R1100	R1100	R1100	R1100
2nd	R1600	R750	R750	R750	R750
3rd	R1000	R500	R500	R500	R500
4th	R800	_	_	_	_
5th	R500				



START: R27, OUTSIDE TABLE BAY MALL. FINISH: EDEN ON THE BAY. RUNNERS WILL BE BUSSED TO THE MALL.



R220 MUST-HAVE T-SHIRT



ENTRIES CLOSE 20 AUGUST 2023



MEDALS TO ALL FINISHERS.



RUN CLEAN. NO LITTERING. NO SACHETS AT WATER TABLES.



OUR MARATHON IS A WPA CHAMPIONSHIP RACE!







