

Sunday 3rd September 2023

Voortrekker School

START TIME 07:00

Enter online at www.eventtiming.info

**ALL FINISHERS
RECEIVE A CAPITAL
CLIMB MEDAL
FIRST 500 ONLINE
ENTRIES RECEIVE
A T-SHIRT!!**

Parklane

SUPERSPAR



RACE DAY PARKING
Sportsfield Opposite Royal Showgrounds
Old Howick Road

Powered By

**SPRING
MEADOW**
Dairy Farm



**LUCKY DRAW
PRIZES TO BE WON**

Hosted by
Midlands Athletics Club

**Maritzburg
SUN**



KWAZULU-NATAL
ATHLETICS



Hosted by
Midlands Athletics Club



RACE INFORMATION

- Date:** Sunday, 3 September 2023
Start: Voortrekker High School at 7h00
Finish: Voortrekker High School
Distance: Licensed & Temporary Licensed Runners: New Route 16km / Fun Run: 5km
Time Limit: 3 hours - Everyone completing the course by 10h00 will receive a medal
Rules: 16km: Open to all competitors over 15 years of age. 5km fun run: Over 9 years of age.
All entrants must abide by the rules and decisions of the organisers and must be medically fit to run. Runners participate at their own risk and the organisers and sponsors will in no way be held responsible for any injury or illness incurred during/or as a result of the event, or for any property damaged on the course or in the changing area. All participants must wear correct club colours with 2023 license numbers front and back of vest. The numbers are not to be worn on shorts. Age category tags must be worn on front and back of vest and must be clearly visible in order to qualify for the age category prizes. No personal seconding allowed. Affiliated athletes are covered by insurance. Contact KZN Athletics for details. All foreign athletes must comply with WA Competition Rule 1.7 and ASA Rule 9. Traffic Officers, Technical Officials and Marshalls must be obeyed. Event is run subject to the rules of WA, ASA and KZNA. No dogs allowed.
- Prize Giving:** 9h45 at the finish

ENTRY FEE

Online entries close Wednesday, 30th August 2023

R180 per licensed athlete and R60 temporary license, compulsory for unlicensed runners
R150 per fun runner (5km)

- Late entries** Saturday 2 September 2023 at Parklane Spar from 10h00 to 16h00
and Race Pack Sunday 3 September 2023 at Voortrekker School Grounds from 6h00 to 6h45.
Collections: **16km:** R200 per licensed athlete and R60 temporary license, compulsory for unlicensed runners
5km: R170 per fun runner

POSTAL ENTRIES WILL NOT BE ACCEPTED

Contact Tony Morrison on 083 374 9502 or email capitalclimb@gmail.com for more information

MEDALS & PRIZES

Fantastic lucky draw prizes to be won!

Medals to all finishers, 1200 medals will be presented on race day, the balance will be posted.

Prizes: 16km RUNNERS ONLY

First three licensed open men/ladies to finish: R800, R600 and R400 respectively

New record, R300 (present record 49min 02 sec - Eric Biyase 1998)

First to World's View summit: R200 (must be an official finisher) male/female

First male/female 35-39 R300

First male/female 40-49 R300

First male/female 50-59 R300

First male/female 60+ R300

PLUS! LUCKY DRAW PRIZES - WINNERS MUST BE PRESENT TO QUALIFY!

ENTRY FEE

- First Name:** _____ **Surname:** _____
Club: _____ **License Number:** _____
Cell No. (for SMS results) _____ **Email Address:** _____
ID Number: _____ **SA Citizen:** Yes No
Age on race day: _____ **Male** **Female**
Province: _____ **Category:** Open 35-39 40-49 50-59 60+
Race: 16km 5km fun run

INDEMNITY

I acknowledge that I am medically fit to participate and fully understand that I enter at my own risk. I hereby indemnify the race organisers against any claim which may result from my participation. The organisers, ASA and KZNA will not be held responsible for any injury or illness during/or as a result of the race, or for any property lost or damaged on the route or at the venue.

Signature: _____ **Date:** _____