

TSWELOPELE
Funerals

TSWELOPELE KAAPSEHOOP 3 IN 1 MARATHON



4 NOV
2023



42.2KM
PRE-ENTRIES ONLY
ENTRY FEE:
R410

Starts 5:30am
Kaapsehoop
Finish at Mbombela Stadium
Buses Depart at 2:30am

21.1KM
PRE-ENTRIES ONLY
ENTRY FEE:
R230

Starts 5:30am
Kaapsehoop Road
Finish at Mbombela Stadium
Buses Depart at 3:00am

10KM
PRE-ENTRIES ONLY
ENTRY FEE:
R150

Starts 6:00am
Mbombela Stadium
Finish at Mbombela Stadium
SA Championship

Temporary Licence (10,21.1 & 42.2km) = R45 | T-Shirts - R150

Pre-entry Info: www.nelspruitmarathonclub.com | Pre-Entries Close - 5 October 2023

Upgrades, downgrades or substitution changes
can only be made during september 2023 (fee applicable)

- * Halfway cut off 9:00am 42km race, no medals after 11:30am finish cut off.
- * Prize giving for 10km strictly starts at 8:00am.
- * Prize giving for 21km and 42km starts at 10:30
- * All prize winners for each category must be present to receive prizes.
- * Prize money will be transferred - please bring banking details and ID.

**GET IN
TOUCH**

Khuselo 082 372 0104
Morongwa 083 951 0380



P A R T N E R S



INDEMNITY/ WAIVER

By entering this event I undertake bound by the rules and regulations of the event including those of WA and ASA.

I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event and do not claim ignorance of these risks and dangers.

I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, person and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities.

I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

MINOR RELEASE: and I, the minor's parent and /or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in the good health, and in proper physical condition to participate in such activity and I enter into this indemnity / waiver on behalf of the minor.

PRIZES: MALE /FEMALE

CATEGORY	42.2KM	21.1KM	10KM SA CHAMPIONSHIP
1st	R15 000.00	R 7 500.00	R 5 000.00
2nd	R10 000.00	R 5 000.00	R 4 000.00
3rd	R 8 000.00	R 3 000.00	R 3 000.00
4th	R 6 000.00	R 2 000.00	R 2 000.00
5th	R 4 000.00	R 1 000.00	R 1 000.00
Junior 1st		R 1 000.00	R 1 000.00
Junior 2nd		R 750.00	R 800.00
Junior 3rd			R 600.00
Junior 4th			R 400.00
Junior 5th			R 200.00
40+ 1st	R 2 000.00	R 1 000.00	R 750.00
40+ 2nd	R 1 000.00	R 750.00	R 500.00
40+ 3rd	R 750.00	R 500.00	R 300.00
50+ 1st	R 2 000.00	R 1 000.00	R 750.00
50+ 2nd	R 1 000.00	R 750.00	R 500.00
50+ 3rd	R 750.00	R 500.00	R 300.00
60+ 1st	R 2 000.00	R 1 000.00	R 750.00
60+ 2nd	R 1 000.00	R 750.00	R 500.00
60+ 3rd	R 750.00	R 500.00	R 300.00
70+ 1st	R 2 000.00	R 1 000.00	R 750.00
70+ 2nd	R 1 000.00	R 750.00	R 500.00
70+ 3rd	R 750.00	R 500.00	R 300.00

ASA RULES: Referee's decision is final, Obey all Traffic Officials and Race Marshals. The race will be run according to the rules of AMPU, ASA and the WA. No seconding will be allowed.

AGES: Athletes for 10km must be 14 years or older on the day of the race. Athletes for 21km must be 16 years or older on the day of the race. Athletes for 42.2km must be 20 years or older on the day of the race. Athletes are recognised as Juniors if they born in 2004 and later. Any athlete born before 2004 is no longer a Junior.

Proof of age (ID) to be produced upon request on day of race. All athletes will participate at their own risk. Registered athletes must wear full club colours. 2023 license number on the front and back of the vest. Official race number at the front of the vest, below the top section of the ASA licence number as shown on the licence. Temporary licence at the back of the vest. Remember to complete the Temporary license, tear off slip immediately and hand it back to the organizer.

Age category ID tags must be worn (back and front) by the athletes competing for a category prize and must be fixed on the vest (all 4 corners), and must be visible for the duration of the event. Walkers are welcome to participate but must complete the event in official cut off times.

Athletes, entering for this event and use medication to treat on illness or condition which fall under the prohibited list, should complete a Therapeutic Use Exemption (TUE) form before entering for the even and obtain authorization from SAIDS to take the needed medicine or method.

The use of any type of earphone is not allowed on this race and will lead to disqualification.

Special Medical Conditions or Allergies to be disclosed on entry form. Other Medical and Pandemic Information on Entry Information Page.