

GENERAL RULES

- Licenced runners must wear 2023 licence number on the front and back of the vest/crop top with the race number in front.
- No licence numbers permitted on shorts
- Entrants in the 21.1 km must be 16 years and older and in the 10km must be 14 years and older.
- Junior Athletes must be 19 years or younger on 31st December in the year of the competition. Must wear a Junior "J" – ASA/KZNA approved tag to be eligible for a category prize.
- The race is run in accordance to the rules as laid down by WA, ASA and KZNA.
- Category prize winners must be able to produce an ID to claim their prize.
- There is an official cut-off time of 3 and a half hours.
- Temporary licences will be on sale on race day and must be worn on the back of vest and race number in the front.
- ASA/KZNA age category tags must be worn on the back and front of the vest/crop top to be eligible for Category Prizes
- Licenced athletes must wear club colours.
- Temporary licenced athletes must wear plain vests with no advertising on it.
- Temporary licenced athletes are not covered by ASA National Insurance Policy - ASA rule 25.6.15.
- Holders of temporary licenses will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13
- The race committee reserves the right to accept or reject any entry.
- Lucky draw prizes are not exchangeable for cash
- All foreign athletes must comply with WA Competition Rule 1.7 as well as ASA Rule 9.
- No personal seconding and pacing is permitted.
- Pre and Post hydration is provided.
- Tag bag facilities provided at own risk.
- Walkers to wear "W" - ASA/KZNA approved walker tags on the front/back of the vest/crop top to be eligible for prizes.
- Marshals, Technical Officials and Traffic officials must be obeyed at all times.
- 10km Prize Giving to start at 7h30
21km Prize Giving to start at 9h00
- There are no refunds.
- Runners who have entered for the 21.1 km and stop at the 10km, will not be eligible for the position or category prizes.
- No Athlete will be allowed past the halfway point after 110 minutes.
- Athletes over 70 years of age pay half the entry fee upon proof of ID.



FOR ALL ENQUIRIES

FOR ANY ENQUIRIES REGARDING THE RACE KINDLY CONTACT:

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PROUDLY HOSTED BY:



362 VICTORIA ROAD,
PIETERMARITZBURG



19 NOVEMBER 2023

BRANDED T-SHIRTS FOR ENTRANTS 5KM = MEDALS ONLY
GOODIE BAGS GRAND PRIZES MEDALS TO ALL FINISHERS

ENTRY FEE	21.1 KM R250	10KM R160	5KM R70
	RUN/WALK	RUN/WALK	FUN RUN
TEMP. LIC	21.1 KM R80	10KM R60	5KM R0

Enter online at www.webtickets.co.za or drop off your entry form in the entry box at Save Hyper (362 Victoria road, PMB)

RACE STARTS 21.1 KM/10KM 5:00AM

RACE STARTS 5KM FUN RUN 8:00AM

- 2 Lucky draw winners stand a chance to win a trip to the 2024 Two Oceans Marathon tour via a luxury coach (must be race participants)
- 3000 medals on the day – balance to be collected or posted (venue will be advised on race day)
- First 4000 entrants in the licenced events to receive T-Shirts
- First 4000 entrants overall to receive Goody Bags

Race begins at the **Msundusi Athletics Stadium:**
Princess Margaret drive, Pelham

