

RULES, INSTRUCTIONS AND INFORMATION

- All participants for the marathon must be 20 years or older. 16 years for the 21km, 14 years for 10km and 9 years or older for the 5km on the day of the race.
- All participants for the 42km must wear correct club colours, with 2023 licence numbers on the front and back vest/crop top/T-shirt. The licence numbers are not to be worn on shorts.
- Monies are not refundable for non-participation in the event for whatever reason and entries may not be exchanged.
- Results will be available after the event on www.entrytime.com Please be aware that if your timing chip is obscured, you will not receive a result. No timing on fun run.
- Temporary licences are available at R80 for 21km and R50 for 10km events and must be worn on back of shirt/crop top. Plain clothing to be worn, no advertising on top or shorts. Holders of temporary licences will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13.
- All participants must wear their race number on the front of their vest/crop top/T-shirt. Race number must not cover ASA licence official sponsor and logo but may cover the actual number.
- The events are run in strict accordance with the rules of the WA, Athletics South Africa and Kwa-Zulu Natal Athletics.
- ASA/KZNA Age category tags (35, 40, 50, 60, Walker and Junior badges) must be worn on the front and back of your vest/crop top/T-shirt and must be clearly visible in order to qualify for the age category prizes in the event in which you are entered.
- Refreshment tables will be provided and no personal seconding, except stand and hand, will be permitted. Second's vehicles will not be permitted to follow the participants.
- Prize giving will take place at 10h30 for the 21km and 10km events and at 12h15 for the 42km.
- Pre-entries 42 and 21km : Up to 8 September 2023 will receive a T-shirt.** Online entries will continue to be taken up to midnight 18 September 2023 but will not receive a T-shirt. All finishers will receive a medal. Online entries at www.entrytime.com (South Coast Marathon)
- Late Entries and registration will be taken at UGU Stadium on 23 September 14h00 – 17h00, and on the morning of the race from 04h30 – 05h30.
- No queries will be attended to on race day after 05h30.
- Time limit for the marathon is 7 hours (seven) and four hours forty nine minutes and fifty nine seconds to qualify for Comrades.
- All participants who have not completed the race by 13h00 will be taken off the road.
- ASA licensed athletes are covered by limited ASA insurance. Refer to KZNA on 031-3129374 for further details.
- All foreign athletes must comply with WA Competition Rule 1.7 together with ASA rule 9.
- All marshals, race officials, SA Police and SANDF members and traffic officials MUST be obeyed.
- NO ALCOHOL may be brought to the finish area. Food and drinks will be on sale.
- All entrants are required to agree to the indemnity, and to sign this on the entry form.

- You may enter for the 42km and change to the 21km en route, but will not qualify for any prizes.
- Only 42km entrants will be allowed to complete the 42km distance and must be affiliated to a running club and in possession of a 2023 licence. Failure to comply with this will lead to disqualification.
- Route map available on our website (www.southcoaststriders.co.za) and Facebook page, as well as other information.

PRIZE MONEY + lucky draw prizes

AGE GROUP	42KM		21km		10km	
OPEN	M	W	M	W	M	W
Lucky draw	2 nights stay for 2 people @ Umthunzi Hotel (R9000)	2 nights stay for 2 people @ Umthunzi Hotel (R9000)	2 nights stay for 2 people @Lake Eland (R2200)	2 nights stay for 2 people @Lake Eland (R2200)		
1st	3000	3000	1500	1500	1000	1000
2nd	2000	2000	1000	1000	800	800
3rd	1500	1500	700	700	500	500
35-39	750	750	500	500		
40-49	750	750	500	500		
50-59	750	750	500	500		
60+	750	750	500	500		
Junior						
1 st			1000	1000	700	700
Walkers						
1st			1000	1000	700	700
2nd			800	800	400	400
3rd			700	700	200	200

Entry Fees	42km	42km 60+	21km	21km 60+	10km	5km Fun Run
Start	06:00	06:00	06:00	06:00	07:00	07:00
Pre-entry (up to 08/09/23)	350	200	250	150	150	60
Entries after (08/09/23)	390	200	290	150	180	75
Temp Licence	Must have valid 2023 licence		80	80	50	Not needed

DIRECTIONS TO THE START/FINISH VENUE - From Durban – take the Shelly Beach off ramp, and turn right and travel for approx. 1.5km. At the robots turn left and continue along this road until you get to the Gamalakhe robots, turn left for 500m and the stadium will be on the left.

ENTRY FORM

SURNAME: **FIRST NAME:**

ID NO: **AGE ON RACE DAY:**

CELL NO: **CLUB:**

2023 LICENCE NO: **PROVINCE:**

EVENT 42KM/21KM/10KM..... RUN/WALK:.....

EMAIL ADDRESS:

GENDER: (PLEASE TICK) : **MALE:** **FEMALE:**

EMERGENCY CONTACT: NAME: **CELL NO:**

AMOUNT PAID:

INDEMNITY

I am medically fit to run and fully understand that I enter at my own risk. I accept that the organizers, their sponsors, hosts and officials cannot be held responsible for any loss or injury during or as a result of the event, or for any loss or damage to property on the course or at UGU Sports and Leisure Centre. These events are run in accordance with the rules of the WA, Athletics South Africa and Kwa-Zulu Natal Athletics. All foreign athletes must comply with WA Competition Rule 1.7 together with ASA rule 9. If I am competing with a temporary licence I am NOT covered by ASA athlete medical insurance policy.

Signature: Date:

PAYMENT INFORMATION

MANUAL: SOUTH COAST STRIDERS – NEDBANK – SHELLY BEACH – BRANCH CODE: 139728 ACCOUNT NO: 1397026200. Please use ID no and surname as a reference. email proof of payment to southcoaststriders.margate@gmail.com.



South Coast Striders AC



Presents The

South Coast Marathon

Start

42km 06:00

21km 06:00

10km 07:00

5km 07:00



The Game changer of South Coast development



Sunday 24 September 2023

Start & Finish: UGU Sports & Leisure Centre

More details on our [Facebook page](#)

Website: www.southcoaststriders.co.za

Email: southcoaststriders.margate@gmail.com

Cell: **0721322006**



KWAZULU NATAL
ATHLETICS