



25 FEBRUARY

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MANUAL ENTRIES AT WEBTICKETS AT ANY PICK'N PAY STORE



The Pretoria Marathon, hosted by Phobians Athletics Club, has been held for almost 30 years in the capital city and has become a legendary test of fitness. The race is a double-lapper, winding through leafy streets of jacarandas and climbing up to historic Fort Klapperkop, with its spectacular views of the city bowl and the Union Buildings. If you're in luck you may spot zebras and wildebees alongside the road, before dropping down to Fountains Circle. Dig deep for a push up to Brooklyn when the route takes you through the grounds and past the beautiful old buildings of Pretoria Boys High School, and then back to the finish at the PBHS Old Boys Club. Perfectly timed as a qualifier for both Two Oceans and Comrades, our race combines a great challenge, lovely Highveld scenery and spirited support from our friendly club volunteers.

RACE	START / FINISH VENUE	START TIME	EARLY BIRD FEES UP TO 15 DEC	FEE AFTER 15 DEC	TEMP. LIC
42km	PHSOB Club, Lynnwood	05H45	R380*	R450*	R50
21km	PHSOB Club, Lynnwood	05H45	R250*	R300*	R50
10km	PHSOB Club, Lynnwood	06H00	R170	R200	R50
5km	PHSOB Club, Lynnwood	07H30	R80	R100	N/A

*FREE ENTRY FOR 70+ ATHLETES FOR 42KM, 21KM. FEE INCLUDES 10% AGN RACE LEVY.

THE ROUTES

The 42km, 21km, 10km and 5km races start and finish at the PHSOB Club in Lynnwood. The 42km and 21km routes climb up to Fort Klapperkop in the Groenkloof Nature Reserve, before looping back down through Pretoria Boys High School. Just after 17km, the marathon splits off for its second lap, with the half-marathon continuing onwards to the finish at the Club.

Starting and finishing at the Club, the 10km race is routed through the suburbs of Brooklyn and Menlo Park. Its fast and flat!

REGISTRATION

PHSOB Club 378 Queens Crescent, Lynnwood.

Friday 23 February 12H00 - 17H00
Saturday 24 February 10H00 - 17H00

NO LATE ENTRIES (42k/21k/10k)
NO RACE PACK COLLECTION ON RACE DAY.
5KM ENTRIES AVAILABLE AT START ON RACE DAY

FINISH VENUE

The Finish Venue for all races is the PHSOB Club, 378 Queens Crescent, Lynnwood.

ONLINE ENTRIES CLOSE:

**Monday
19th February**



RACE OFFICE

063 772 3537 | info@theroc.co.za
RACE DIRECTOR: GRAHAME GERTSCH - 073 171 7507
EMAIL: INFO@PRETORIAMARATHON.CO.ZA



COMPETITION RULES

- Entries close at 17h00 on Monday 19 February 2024. NO LATE ENTRIES. Substitutions will be permitted at Collections only.
- Race numbers and packs can be collected at the PHSOB Club, 378 Queens Crescent, Lynnwood on Friday 23 February from 12h00 - 17h00 and Saturday 24 February from 10h00 to 17h00.
- Race Shirts are capped at a total of 4000 for the 42KM, 21KM and 10KM Races. There are no Race Shirts for the 5KM Fun Run. Phobians reserves the right to substitute sizes selected.
- All athletes (except 5KM entries) must be licenced (AGN or temporary licence) on the front and back of their vest and the Balwin Sport Marathon race number on the front of their vest. The race number must be placed over the license number so that the ASA sponsor logo is visible.
- Age tags must be worn front and back to be eligible for a prize, and athletes may be asked to provide proof of age on Race Day.
- Temporary licence numbers will be on sale or available for collection at Registration only.
- All the Balwin Sport Marathon events are held under the rules of Athletics South Africa (ASA), Athletics Gauteng North (AGN) and World Athletics (WA).

All foreign athletes must comply with WA Competition Rule 1.7 and ASA Rule 9
- All Race entrants must be at least the following ages on the day of the event:

42KM - 20 years, 21KM - 16 years, 10KM - 14 years, 5KM - 9 years.
- Junior Athletes must be 19 and younger on the 31 December in the year of the event, must wear a J on the upper front and back of vest/crop top in order to be eligible for prizes and must provide proof of age on Race Day.
- Marathon runners who have not reached 17km in 2hrs 15mins may be asked to continue to the finish instead of starting the second lap. Marathon entrants who decide not to complete the second lap will not be eligible for any prizes for the Half Marathon.
- Cut-off for all participants will be at 11.45.
- Prize Giving will be at 09h00 for the 10KM and 11h15 for the 21KM and 42KM
- A secure tog bag area will be available on the day of the race at the venue.
- The Balwin Sport Marathon Races, (except the 5km) are Mat to Mat timed events. Your timing chip is on your Race number.
- Athletes are to obey technical Officials, Traffic Officials, Event Marshals and Safety Officers at all times
- No seconding for any Balwin Sport Marathon event is allowed.
- No blades, wheelchairs or mechanically operated devices are allowed in this year's Balwin Sport Marathon.
- No earphones may be used during any of the Balwin Sport Marathon events.
- No pets are allowed on any of the Routes of the Balwin Sport Marathon, including the 5KM.
- Entry fees shall not be refunded, cancelled, returned or exchanged on account of weather or unforeseen events occurring beyond the control of the event organisers, the race director, the host club or the sponsors.
- All athletes participate at their own risk. By entering the event, athletes acknowledge that they are medically fit to participate; they indemnify the sponsors and organizers of the event against any or all loss, damage or harm resulting from their participation in the event.
- The Balwin Sport Marathon supports and promotes Clean Running. Please help our event and our sport by throwing your Coke cups and water sachets in the bins provided.
- The first 4000 entries (excluding 5km entries) will qualify for a free Balwin Sports Pretoria Marathon t-shirt (availability of your chosen size cannot be guaranteed).
- Race walkers are welcome to enter this event under the following terms: a 'W' tag is to be worn front and back, prizes are awarded for the 10KM distance only, participants acknowledge that no official race walking referees will be present on the course, and that they will honour the appropriate technical rules of race walking at all times. The event organizers and sponsors will not enter into any disputes regarding breaches of these rules.

PRIZE MONEY

POSITION		RUNNERS			WALKERS
		42KM	21KM	10KM	10KM
OPEN	1	R8000	R3000	R1500	R1500
	2	R5000	R2000	R1000	R1000
	3	R2000	R1000	R500	R500
	4	R1500	-	-	-
	5	R1000	-	-	-
40+	1	R750	R500	R350	R350
	2	R500	R350	R250	R250
	3	R300	R200	R150	R150
50+	1	R500	R350	R300	R300
	2	R350	R250	R200	R200
	3	R250	R200	R150	R150
60+	1	R400	R300	R250	R250
70+	1	R300	R250	R200	R200
1 (JUNIOR)				R500	R500

MARATHON TIME INCENTIVE

+R3000	Man	2:22:00
+R3000	Lady	2:44:00

PRIZE GIVINGS

10km: 09H00 | 42km & 21km: 11H15

FREE RACE SHIRTS

Shirts are men's sizing and cut, women's sizing and cut. Size charts can be accessed at: info@phobians.co.za
Race shirts are capped at a total of 4000.

There are no shirts for the 5km Fun Run.



PBHS CHARITY FUND

The Representative Council of Learners at PBHS collects funds to assist needy and disadvantaged learners within the City of Tshwane municipality. Under the banner of 'Learners helping Learners', every cent of your donation is applied in the cause of education. Thank you!