

#RunTheCapitalCity



Capital City MARATHON

25.2.2024



42.2KM | 21.1KM | 10KM

STARTS 5AM

EARLY BIRD **R390**

LATE ENTRY **R430****

TEMP LICENCE **R105***

STARTS 5AM

EARLY BIRD **R280**

LATE ENTRY **R330****

TEMP LICENCE **R95**

STARTS 7AM

EARLY BIRD **R230**

LATE ENTRY **R270****

TEMP LICENCE **R65**

5KM

STARTS 7AM | **R120**

R180 INCLUDES T-SHIRT | TEMP LICENCE **R40**

*R105 Temporary licence fee for the 42.2km only applies to Elite and international athletes
** LATE ENTRY fees apply to the week before the event

ENTRIES NOW OPEN

EARLY BIRD ENTRIES
CLOSE 18 FEB 2024

Enter early to get your race t-shirt at registration.
Late entries do not qualify to receive race t-shirts.

web tickets
AVAILABLE AT **Pick n Pay**

Athletes with their own private vehicles must please park them at the designated parking areas at the finish venue and walk to the start venue.
Medals will be awarded to all race finishers.
10 000 permitted participants will be allowed to enter the race.



START Pietermaritzburg City Hall
FINISH Msunduzi Athletics Stadium

TO ENTER VISIT www.webtickets.co.za
or visit your nearest **Pick n Pay**

REGISTRATION

Entrants must collect their race numbers from Msunduzi Athletics Stadium:
9am - 5:30pm, Friday, 23th February 2024
9am - 5pm, Saturday, 24th February 2024.

No collection on race day.

FOR MORE INFO

Mthoko Ndwandwe | 071 652 2649 | racedirector@capitalcity42.co.za

www.capitalcity42.co.za





Capital City MARATHON

25.2.2024



PRIZES

42.2KM

21.1KM

10KM

MALE & FEMALE

Category	Position	Prize
Open	1st	R12 000
	2nd	R6 000
	3rd	R3 000
35-39	1st	R500
	2nd	R300
	3rd	R200
40-49	1st	R500
	2nd	R300
	3rd	R200
50-59	1st	R500
	2nd	R300
	3rd	R200
60+	1st	R500
	2nd	R300
	3rd	R200

MALE & FEMALE

Category	Position	Prize
Open	1st	R3 000
	2nd	R2 000
	3rd	R1 500
35-39	1st	R500
	2nd	R300
	3rd	R200
40-49	1st	R500
	2nd	R300
	3rd	R200
50-59	1st	R500
	2nd	R300
	3rd	R200
60+	1st	R500
	2nd	R300
	3rd	R200
Junior	1st	R500
	2nd	R300
	3rd	R200

MALE & FEMALE

Category	Position	Prize
Open	1st	R2 000
	2nd	R1 500
	3rd	R1 000
35-39	1st	R500
	2nd	R300
	3rd	R200
40-49	1st	R500
	2nd	R300
	3rd	R200
50-59	1st	R500
	2nd	R300
	3rd	R200
60+	1st	R500
	2nd	R300
	3rd	R200
Junior	1st	R500
	2nd	R300
	3rd	R200

5KM

MALE & FEMALE

Position	Prize
1st	R1 000
2nd	R750
3rd	R500
Junior	
1st	R600
2nd	R350

Marathon Winning Coach R1 000

FOR MORE INFO Race Director **Mthoko Ndwandwe**

071 652 2649 | racedirector@capitalcity42.co.za

RACE RULES

- Race held in accordance with WA, ASA and KZNA rules.
- The licence number may be covered with the competition issued number. Both provincial licenses MUST be worn on the upper part of the vest /crop top (front and back).
- Please bring proof of payment when collecting race number.
- Post hydration provided.
- Tog bag facilities will be provided - use of them is at participant's own risk (race officials/ organisers are not liable for loss of personal belongings)
- All participants must wear ASA-approved licences and relevant age category tags on the upper part of vest/crop top (front and back) to qualify for prizes.
- All relevant age categories must be clearly visible.
- No refunds.
- **Late entries will not get a t-shirt.**
- No pacing permitted.
- Club kit to be worn.
- Participants must obey marshals, traffic officials and race officials.
- All foreign/international athletes must comply with WA Competition Rule 1.7 and ASA Rule 9.
- All international athletes to buy and wear temporary licences at the back of their race shirts and race number on the front. Failure to do so will result in automatic disqualification
- International athletes not representing a local club must wear neutral colours i.e. (white/black/grey)
- Temporary licensed athletes are not covered by a national insurance policy. ASA Rule 25.6.15. Unregistered athletes running with temporary licenses must run in neutral colours and adhere to WA and ASA advertising rules. 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.
- 5km participants must be from 9 years of age.
- 10km participants must be from 14 years of age.
- 21.1 km participants must be from 16 years of age.
- 42.2km participants must be from 20 years of age.
- Please note: only athletes who are of age 19 years and younger on the 31st December 2024 are eligible for a junior prize.
- Proof of ID required for prize giving.
- **All prize winners must be present at the prize giving ceremony. Failure to attend prize giving ceremony will result in forfeiture of prize money.**
- The coach of the winning athlete must be a qualified coach and have a current affiliation with KZNA to qualify for a prize if their athlete wins the marathon.

CUT OFF TIME

Marathon participants who have not passed the half marathon turn in by 3 hours 15 minutes (9:15) will not be allowed to continue but may complete the half marathon until the 4 hours time limit.

Participants who have not completed 21.1 km by the 4 hours will be called off the road.

5km - 8:30am (1 hour, 30 minutes)	21.1km - 08:30am (3 hours, 30 minutes)
10km - 10:00am (3 hours)	42.2km - 11:00am (6 hours)

MARATHON

1. 24km mark by 4 hours (9am)
2. 27km mark by 4 hours 30 minutes (9:30am)
3. 31km mark by 5 hours (10am)
4. 36km mark by 5 hours 30 minutes (10:30am)
5. 42.2 km mark by 6 hours (11am)

INDEMNITY

I acknowledge that any payments not honoured by my bank will render me liable for any costs incurred as well as disqualifying me from participation. I'm medically fit to run and fully understand that I now enter at my own risk and indemnify race sponsors and organisers against any claim which may arise from my participation.