



# SURRENDER HILL

BETHLEHEM MARATHON KLUB

## 2024

# MARATHON

42.2km | 21.1km | 10km | 5km fun run

**9 MARCH**

CLARENS,  
FREE STATE



ONLINE ENTRIES OPEN DECEMBER 2023

[www.bethlehemmarathonklub.co.za](http://www.bethlehemmarathonklub.co.za)

- TEMPORARY LICENSE AVAILABLE @R75
- MEDALS TO ALL FINISHERS
- START & FINISH: CLARENS, TOWN SQUARE



**THE HILL IS WAITING FOR YOU!**



## SURRENDER HILL MARATHON 2024

**42.2km | 21.1km | 10km | 5km**

Saturday 9 March 2024

Start / Finish: President Square, Clarens, Free State  
(28.5144° S, 28.4105° E)

### START TIMES:

42.2km @06h00 | 21.1km @06h10 | 10km @06h20 | 5km @06h30

Prize Giving: 10h00 at finish line:

PRIZES (registered athletes only):

42.2km: 1st - R2500 | 2nd - R1500 | 3rd - R750

21.1km: 1st - R1250 | 2nd - R750 | 3rd - R375

10km: 1st - R625 | 2nd - R375 | 3rd - R250

### ONLINE ENTRIES:

<https://www.bethlehemmarathonklub.co.za>

(Closing 6 March 2024)

Entry fees for Pre-Entries (includes Online Transaction Costs) :

42.2km @R300 | 21.1km @R250 | 10km @R100 | 5km Fun Run @R70

### LATE ENTRIES & REGISTRATION:

42.2km @R330 | 21.1km @R280 | 10km @R150 | 5km @R70

Late entries can be done at the Town Square on:

8 March 2024 - President Square, Clarens from 17h00 to 20h00

9 March 2024 - President Square, Clarens from 04h00 to 05h00

Temporary Licenses (R75) to be collected upon registration.

### MEDALS TO ALL FINISHERS

All WA, ASA & AFS Rules & Regulations apply.

Event organiser: Henriette Nieuwenhuizen | 071 679 5212

[marathon.surrenderhill@gmail.com](mailto:marathon.surrenderhill@gmail.com)

General Enquiries: Hanmarie Lombard | 082 872 7162

Entry Capturing/Complaints: Maryna van Strijp | 083 244 6632

Technical manager: Johan Steyn | 0724836151

Safety officer: Pieter Visagie | 060 985 1353




#### GENERAL INFORMATION:

1. Public parking available at President Square, Clarens Free State (28.5144° S, 28.4105° E).
2. Water-points at 2.5km, 5km, 7.5km, 10.55km, 13km, 15.5km, 18km, and 21.1km - after which athletes return and make use of same water points.
3. Route: Hilly, out & back.
4. Ample toilets at start, finish line, and on route. No dressing or shower facilities.
5. Tog bag and gazebo areas not made available.
6. Leading /Trail cars-1st leading men/1st leading women in different races.
7. Medical service providers available on route and at finish.  
Emergency number: 060 985 1353
8. Refreshment/Food stalls- No food stalls. Participants requested to support the shops, restaurants and garages in the surrounding area.

#### RACE RULES:

- Health and Safety rules and regulations will be implemented as prescribed during the time of the event.
  - The race is held under the rules of WA, ASA and AFS
  - Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
  - All athletes participate at their own risk. Athletes acknowledge that by entering the event they are medically fit to participate.
  - All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
  - License athletes must wear club colours and the 2024 licence number on the back and front of their vest with the race number worn on the front of the vest. Note that the race number may not cover the ASA and sponsor logos at the top of the 2024 license.
  - Temporary Licenses will be available for R75. To be worn in front-(according ASA ruling.) No insurance coverage on the Temp no.
  - Foreign athletes to comply with the ASA rules before entering. Club confirmation needed to allow foreign runners.
  - Age tags for different categories must be worn and be visible in front and at the back.
  - No refunds will be given once an entry is purchased in the event that the race is cancelled to reason outside the race organiser control.
  - No seconding allowed. Sufficient water points
  - No prams, blades, cyclist or mechanically operated devices allowed in the race
  - Foreign athletes are to comply with ASA rules. Before entering the race.
  - Wheelchair athletes will NOT be permitted to participate.
  - No animals / pets are allowed to participate .
  - Minimum age participation:  
5km Fun Run - 9 years and older - under supervision of parents  
10km -14 years  
21,1km -16 years  
42,2km- 20 years
  - Prize giving ceremony - winners be requested to provide proof of identification (ID, birth certificate, drivers license, passport) to race organiser. Prize money paid per EFT on the same day of the event/payment done on the event. No prize money will be paid if random Drug testing was done on the any distance on the day of the event, up to such time ASA receive the results from the South African Institution for Drug Free Sport (SAIDFS).
  - Traffic Officers, Technical officials and Marshalls, Volunteers on the route need to be adhered to at all time.
  - Results will be made available on the website on the day of the event.
  - Habitual offenders participate without purchasing a race entry will be disqualified and called to be disciplined by AFS.
  - AFS GO GREEN-Littering is not allowed. An athlete are to dispose of any litter in appropriate bins and can be disqualified if littering.
  - No late starters will be allowed, that is later than 5minutes from the group start time.
  - Athletes may not run with another athlete's race number.
  - No earphones, IPods and similar devices are allowed, as they are in contravention of NEW WA rule- WA Rule T6.3.2 and will lead to disqualification.
  - The race organiser retains the rights to refuse entry and reject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
- 



**RACE RULES (CONTINUED)**

- Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Runners who allow their race number to be duplicated will be held liable and will face AFS disciplinary with the possibility of a ban.
- Cut -off time for the event is hour (per distance for example 3hours (09h30) for 21,1km) Athletes will not be allowed to finish any distance races after the cut off time.
- No late starters will be allowed. That is later than 5minutes from the group start time.
- Results- made available in 72hours: [www.bethlehemmarathonklub.co.za](http://www.bethlehemmarathonklub.co.za) / [www.peaktiming.co.za](http://www.peaktiming.co.za)
- 5km - no official results.
- CUT OFF TIMES:

42,2km @11h00 (6h)

21,1km @09h10 (3h 30min)

10km @08h20 (2h)

5km fun run @07h30 (1h)

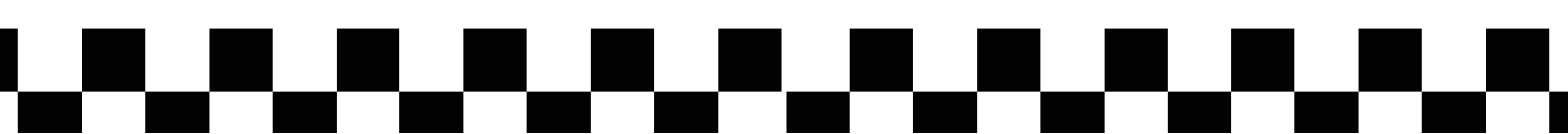
**Enquiries:**

**Henriette Nieuwenhuizen | 071 679 5212**

**Hanmarie Lombard | 082 872 7162**

**Maryna van Strijp | 083 244 6632**

**[marathon.surrenderhill@gmail.com](mailto:marathon.surrenderhill@gmail.com)**



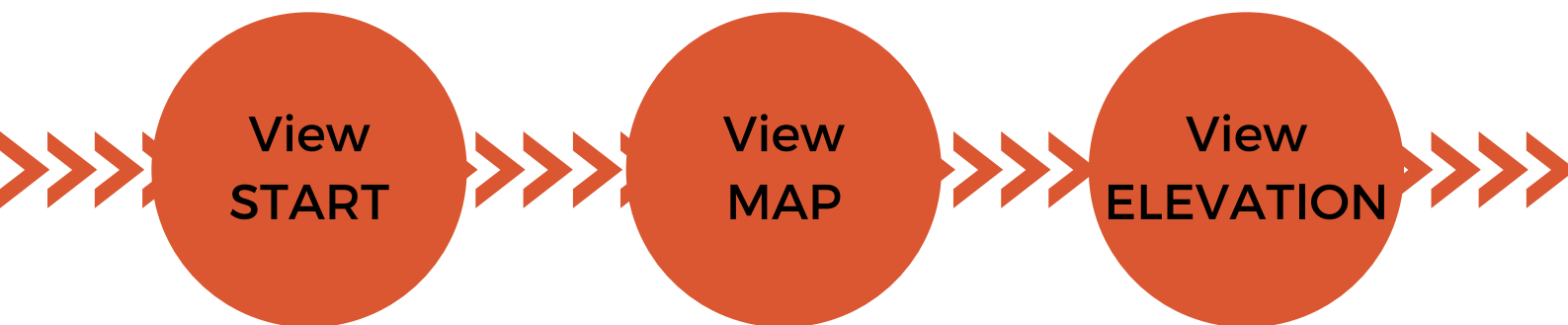
STEP  
1

# VISIT

[www.bethlehemmarathonklub.co.za](http://www.bethlehemmarathonklub.co.za)

STEP  
2 Pre-enter before  
6 March 2024

STEP  
3 View race info  
<https://www.bethlehemmarathonklub.co.za/surrender-hill>



STEP  
4 Accommodation & Travel plans  
Budget accommodation - 073 6913 800 / [ericmmusa@gmail.com](mailto:ericmmusa@gmail.com)

STEP  
5 Registration & late entries  
Town Square, Clarens  
8 March 2024 from 17h00 to 20h00  
9 March 2024 from 04h00 to 05h00

STEP  
6 RACE!