

Knysna Heads Marathon Saturday 2 March 2024



Heads Marathon

**42.2km, 21.1km, 10 km & 5km fun run
at Theseen Islands**

Comrades & Two Oceans Qualifier

Date: 2 March 2024

TIME: 06h00 (42.2km & 21.1 km)

06h30 (10km & 5km)



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INFORMATION

Registration and late entries:- www.knysnamarathonclub.com					
Temporary Licence collection 2 March 2024, one hour before race on Thesen Islands, Knysna.					
Transport: Bailers pick-up will be provided on the 42km route					
ASWD Licensed athlete take note: Forget your IPICO chip – you will have to pay R20 to loan one for the race. Lost your chip – you will have to pay R75 for a replacement chip.					
Start and Finish: Thesen Islands. 42km & 21km start at 6:00 10km & 5km start at 6:30					
Temporary licenses: Will be available to unlicensed runners at the cost of R45.00.					
Ablution: Toilets at Venue. No showers at finish.					
First Aid: At the venue and along the route.					
Hand-outs: Lucky Draw Prizes					
Medals: Medals to all finishers who complete the race within the cut-off time.					
Prize-giving: Thesen Islands. 10km and 21km prize giving at 10:00. 42km prize giving at 11:30. Athletes are responsible to collect their own prize money or make alternative arrangements with the event organizer. Failing which prize money is forfeited. (ASA Rule 2.9)					
	42 Km		21 km		10 km
1 st Open	R 800		R 600		R 400
2 nd Open	R 600		R 400		R 200
3 rd Open	R 500		R 300		R 100
40-49	R 400		R 200		R 100
50-59	R 400		R 200		R 100
60-69	R 400		R 200		R 100
70-79	R 400		R 200		R 100
80+	R 400		R 200		R 100
Junior	R 400		R 400		R 100
Walker	R 400		R 400		R 100

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RULES AND REGULATIONS

Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The Race Referee's decision is final. The Race Organizer reserves the right to accept / reject any entry received.
Club Colours: Athletes must participate in their correct club colours and display the ASA 2024 license number on the front and back of the vest. All other runners must display temporary number on the front of vest. No advertising allowed. No Temporary License is needed for the 5km Fun run
Cut-off time: 10km = 2 hours; 21.1km = 3 ½ hours; 42.2km = 5 ½ hours.
Distance markers: Will be placed at every kilometre.
Foreigners: All foreign athletes must comply with WA rule 142 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.
Minimum ages: 5 km = 9 years, 10km = 14 years, 21.1 km = 16 years, 42.2km = 20 years. Athletes must give proof of their age at the request of the Race Referee. (SA ID /Passport/Drivers' License/ Birth Cert / Permanent Residence or Refugee Permit)
Accommodation: Knysna Hollow Tel: 044 382 5401
Refreshment Tables: Drinking stations shall be provided close to 3km intervals. Water and other suitable refreshments shall be available at the start and finish of all races.
Road: Athletes must stay on the right-hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers. 42km Runners will run on the Lagoon side of the N2 until directed to cross near the White bridge.
Safety: No animals or racers (push carts or prams) will be allowed. (ASA rule 34.10.1; 34.10.3) No earphones or in-ear music devices will be permitted. (ASA rule 34.10.6 - Immediate disqualification (Applies to all events).
Seconding: No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding – stand and hand rule will only be permitted within the delineated area of waterpoints. (ASA Rule 30.8)
Age Tags: Participants will be eligible for prizes in the OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD age category tag or junior tags is displayed, visible and above license number front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to OPEN. Red age tag or Orange "W" tag (ASA rule 22.9)
Late entries available on the day of the event from 5:00 until 5:45 at the start venue. Late entries will attract a R20 late entry fee. Online entries available from www.knysnamarathonclub.com No admin fee is charged for online entries. Online entries close on 24 February 2024

RACE TIMING: An IPICO timing chip will be made available, on a loan basis, to all participants apart from ASWD licensed athletes who are to use their current personalised chips. The chip is to be worn on your shoe for the duration of the event. The loan chips are to be handed back at the end of the race in exchange for a medal. Participants will be held responsible for lost or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizer even in the event of not completing the race.

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ENTRY FORM

Surname							
First name							
Province		2024 Lic. no					
Club							
Date of Birth		Age					
Female		Male		Runner		Walker	
Address		Emergency contact details					
		Relation					
		Name					
CELL No.		Cell No.					
ID / BC / PR NUMBER							
5KM –Fun run R30.00		10KM – R75.00		21.1km – R95.00		42.2km – R115	
Minimum Age: 10 km-14yr, 21.km-16yr, 42,2-20yr CAT:14 – 19 / OPEN / 40 – 49 / 50 – 59 / 60-69 / 70-79/ 80+ or Walker							
		ENTRY FEE					
		Temp Licence R45 (Not needed for 5 km)					
		Late Entry charge R20					
		Voluntary donation to KAWS					
		TOTAL					

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of WA and ASA. I warrant that I am in good health and aware of the risks and dangers of the physical nature of this sporting event, **and do not claim ignorance of these risks and dangers**. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity. Personal information you provide when entering will be shared with the KMC, ASWD and ASA and can be used and shared by them in accordance with their Terms and Privacy policies.

Minor Release: and I the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter this Indemnity/waiver on behalf of the minor.

Printed name of participant (parent/guardian in the case of a minor)

Phone..... Signature.....Date.....

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