

5KM 10KM 21.1KM 42.2KM 48KM

# BNAC MARATHON

# 2024



NEW 48KM CHALLENGE

MAT TO MAT TIMING

LIMITED FREE T-SHIRTS



CGA 21KM PROVINCIAL CHAMPIONSHIPS

5KM FUN RUN

MEDALS FOR ALL FINISHERS



CGA-SANCTIONED RACE



## SUNDAY, 21 APRIL

[CLICK HERE TO ENTER](#)

### START TIMES

6:00  
6:10  
6:15

HALF / FULL / ULTRA  
FUN RUN & 10K  
RACE WALKING LEAGUE

BENONI NORTHERNS SPORTS CLUB

1 BRODIGAN STREET  
NORTHMEAD  
BENONI



ONLINE ENTRIES CLOSE ON 16 APRIL





# RULES

- The race is run in accordance with the rules of ASA and CGA. Athletes indemnify the national, provincial, and regional bodies, sponsors, and organisers of the race against all or any actions of whatsoever nature that may arise out of their participation in the race.
- Registered athletes, who must be members of a club affiliated to ASA to wear their club colours, must wear their 2024 license number (front and back).
- Non-registered athletes must purchase a temporary license to run in the 10km, 21.1km and 42.2km events. Temporary licenses can be purchased with entries. Temporary-licensed athletes must wear plain clothing with the issued temporary license numbers.
- Licensed athletes who do not wear their 2024 license numbers must purchase a temporary license or face disqualification.
- Licensed athletes not wearing Club colours may face disqualification.
- Race number to be worn on the front of the vest on top of the provincial A.S.A license number not concealing "the sponsors' logos" at the top of the license.
- 10km minimum age is 14 years; 21.1km minimum age is 16 years and 42.2km & Ultra minimum age is 20 years. Numeric age category ID tags are to be worn on the back and front of the vest, and clearly visible. Proof of age must be produced on request on the day.
- Walkers are welcome for the 5km, 10km and 21.1km events. Walkers must comply with international walking rules.
- Walkers must wear identifying W's clearly visible back and front of their vests.
- Wheelchair athletes are welcome but due to safety reasons may only participate in the 21.1km race. Only the following wheelchair makes may compete: a normal athlete chair or a rugby, basketball or tennis wheelchair. Other types of wheelchairs will not be accepted due to safety reasons.
- No seconding allowed.
- 6-hour cut-off for the marathon & 6-hour 30-min for ultra marathon.
- Proof of age for prize winners may be required and to be presented to referees before prize-giving. Prizes will be withheld until all necessary details of the winners are confirmed.
- No blades, cyclists or mechanically operated devices are permitted.
- Regrettably, no animals will be allowed on the route of the race.

- No refunds will be entertained.
- International athletes must provide a clearance letter from the country of origin to the referee in the event of winning a prize.
- Foreign athletes may not run with a provincial license unless they are domiciled within the Republic. All foreign athletes will be required to purchase a temporary license or face disqualification.
- Foreign athletes are not allowed to run in South African club colours unless such Club exists in their country of origin, or they are in possession of a refugee status permit or are naturalized citizens of RSA. (Refer to IAAF Rule 4).
- Wearing headphones/earphones is prohibited.
- Athletes may not run with another athlete's race number.
- The race organiser retains the right to refuse entry and eject persons under the influence of drugs or alcohol who are disorderly or engage in inappropriate behaviour vandalism or evade paying for admission.
- Runners participating without buying a race entry will also face disqualification and will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge.
- Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
- Objections must be lodged within 30 minutes before or after prize-giving in writing to the chief referee accompanied by R500, which is refundable if the appeal is upheld.
- Athletes are only eligible for prize money for the race they have entered.
- All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race numbers and entry form.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Athletes can be disqualified if they litter.
- Electronic timing will be done by Chamberlains Timekeeping in partnership with FinishTime. The timing chips will be fixed to race numbers.
- To ensure that you are accurately recorded in the Race Results, you MUST wear the race number supplied which is associated with the details you provided during the entry process.
- Marathon & ultra marathon qualifying times are automatically submitted to Comrades by Chamberlains Timekeeping in conjunction with FINISHTIME

# PRIZES

## PRIZEGIVING

10KM & 21.1KM AT 9AM  
42.2KM & 48KM AT 11AM

## GOLD MEDALS

First in each category for Ultra, Marathon, Half Marathon and 10km

## SILVER MEDALS

First 10 in 48km, 42.2km and first 10 in 21.1km

Timing on 10KM, 21.1KM, 42.2KM & Ultra is by



## OPEN MEN & WOMAN

### Ultra

1st R2000  
2nd R1500  
3rd R800

### Marathon

1st R1500  
2nd R1000  
3rd R500

### Half

1st R1000 (Runners & Walkers)  
2nd R600 (Runners & Walkers)  
3rd R400 (Runners & Walkers)

### 10KM

1st R600 (Runners & Walkers)  
2nd R400 (Runners & Walkers)  
3rd R300 (Runners & Walkers)

## VETERAN MEN & WOMAN (each)

### Ultra

1st R1000  
**Marathon**  
1st R800

### Half

1st R450

## MASTER MEN & WOMAN (each)

### Ultra

1st R1000  
**Marathon**  
1st R800

### Half

1st R450

## GRANDMASTER MEN & WOMAN (EACH)

### Ultra

1st R1000  
**Marathon**  
1st R800

### Half

1st R450

# FEEES

## ULTRA

R350 (pre entry)  
R300 (60+, blind runner & seconder)  
R400 (late entry)

## MARATHON

R300 (pre entry)  
R250 (60+, blind runner & seconder)  
R350 (late entry)

## HALF

R250 (pre entry)  
R200 (60+, blind runner & seconder)  
R300 (late entry)

## 10KM

R200 (pre entry)  
R150 (60+, blind runner & seconder)  
R250 (late entry)

**5KM R100**

## TEMPORARY LICENCES

R60 for 10KM  
R70 for 21.1KM  
R200 for 42.2KM



ONLINE ENTRIES CLOSE ON 16 APRIL

Late Entries Available at Benoni Northerns Sports Club

Friday, 19 April 2024 from 10:00 to 19:00

Saturday, 20 April 2024 from 9:00 to 17:00

RACE DAY from 4:30 until 30 minutes before the race

## NO REFUNDS

MEDALS TO ALL FINISHERS

FREE T-SHIRTS TO THE FIRST 100 ULTRA ENTRANTS

FREE T-SHIRTS TO THE FIRST 150 MARATHON ENTRANTS

WWW.BNAC.CO.ZA

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