



The Original  
**KOSMOS**



**3 in 1**



Presented by Secunda Marathon Club  
**Saturday 9 March 2024**

**73.3 KM**  
42.2KM, 21.1KM, 10KM

**Online entries: [www.kosmos3in1.co.za](http://www.kosmos3in1.co.za)**

**Online entries closes on 25 February 2024 for 73.3km**

**Online entries closes on 04 March 2024 for 42.2km, 21.1km & 10km**

<b>NO substitutions</b>	<b>3-in - 1</b>	<b>42.2 km</b>	<b>21.1 km</b>	<b>10 km</b>
<b>Entry fee</b>	<b>R660</b>	<b>Online: R250 Late: R300</b>	<b>Online: R180 Late: R200</b>	<b>R110</b>
<b>Start time</b>		<b>06:00</b>	<b>13:00</b>	<b>17:00</b>
<b>Cut-off time</b>		<b>12:00</b>	<b>16:30</b>	<b>19:00</b>
<b>Minimum age on race day</b>		<b>20 years</b>	<b>16 Years</b>	<b>14 years</b>
<b>Entries</b>	<b>Online only Closing date: 25 February 2024</b>	<b>Online Fri: 15:00-21:00 Sat: 04:00-05:45</b>	<b>Online Fri: 15:00-21:00 Sat: 11:30-12:45</b>	<b>Online Fri: 15:00-21:00 Sat: 15:30-16:45</b>
<b>Registration (collection of race number)</b>		<b>Fri: 15:00-21:00 Sat: 04:00-05:45</b>	<b>Fri: 15:00-21:00 Sat: 11:30-12:45</b>	<b>Fri: 1 5:00-21:00 Sat: 15:30-16:45</b>
<b>Temporary Licence (required if you do not have an ASA licence)</b>			<b>R40</b>	

**For late entries, please pay using a bank card or cell phone app**

**Start and finish at Lake Umuzi Kamp Oase - Secunda**

GPS coordinates to parking: 26°31'05.9"S 29°10'32.7"E



Qualifier



## IMPORTANT INFORMATION:

- Early bird entries for the 3-in-1 (73.3km) received before 25 February 2024, will receive a free t-shirt.
- Runners will receive confirmation of entry via SMS. Please bring your entry confirmation, ID and proof of payment to registration.
- An admin fee applies for 42.2km and 21.1km late entries.
- The 42.2km race is a Comrade Marathon qualifier.
- No refunds for race cancellation due to inclement (bad) weather or any other reason shall be given.
- All athletes completing their 10th or 20th race will receive a commemorative jacket.
- All children MUST be under adult/parent supervision at all times.
- Food stalls available at race venue.
- For accommodation reservations and camp sites at Lake Umuzi, please contact 017 631 3452/41 or 087 233 5082.
- For more information visit our website: [www.kosmos3in1.co.za](http://www.kosmos3in1.co.za) or contact our race office at [info@kosmos3in1.co.za](mailto:info@kosmos3in1.co.za).

## RACE RULES:

- All athletes will participate at their own risk and by entering this event, all athletes then declare that they do indeed run at their own risk and indemnify the organisers/sponsors of any responsibility for injuries or losses.
- The race will be run according to the rules of AMPU, the ASA and the WA.
- All athletes must obey the traffic officials and race marshals at all times.
- Proof of age (ID) to be produced on day of race.
- Registered athletes must wear full club colours
- Age category ID tags must be worn (back & front) by athletes competing for a category prize AND must be fixed on their vest at all four corners.
- BOTH 2024 licence numbers MUST be worn, one on the front and one on the back of the vest.
- The race number must be worn on the front of the vest but MUST NOT cover the ASA logo and province logo at the top of the licence number.
- The race number (with timing device) must be worn unaltered for the duration of the event.
- A temporary licence must be worn on the back of the vest if you do not have an ASA licence and the temporary licence tear off slip must be completed and returned to the organizers.
- Athletes completing the race without their race number and timing chip will be classified as non-finishers.
- Foreign athletes will be subject to WA rule 4.2 and must provide a clearance permit from their home federation in order to participate in the Kosmos 3-in-1.
- Such permit must be presented to the organisers at registration, when collecting their race numbers.
- From 2018 permanent number will only be issued after completing ten 3-in-1 races. If your first 3-in-1 race finished was prior to 2018 you will still qualify for a permanent number after completing 5 races.
- Athletes entering for this event and using medication to treat an illness or condition which falls under the PROHIBITED LIST, should complete a THERAPEUTIC USE EXEMPTION (TUE) form before entering for the event and obtain authorization from SAIDS to take the needed medicine or method.
- There will be a 5-hour cut-off point on the 42.2 km race at the 32km mark. Any runner who has not passed this point by 11h00 will not be allowed to finish the 42.2 km race but will still be able to participate in the 21.1km and 10km races.
- No seconding and no cyclist will be allowed on the route.
- The use of I-pods/earphones during the race will lead to disqualification.
- The referee's decision is FINAL.

## PRIZE MONEY:

PLACE	CATEGORY	PRIZE MONEY
New record 1st 2nd 3rd	3-in-1 73.3 km 3-in-1 73.3 km 3-in-1 73.3 km	R5 500 R3 000 R2 500 R2 000
New record 1st 2nd 3rd	Open - 42.2 km Open - 42.2 km Open - 42.2 km	R2 230 R1 250 R1 080 R 750
1st 2nd 3rd	40+ - 42.2 km 40+ - 42.2 km 40+ - 42.2 km	R 880 R 720 R 450
1st 2nd 3rd	50+ - 42.2 km 50+ - 42.2 km 50+ - 42.2 km	R 630 R 580 R 530
1st 2nd	60+ - 42.2 km 60+ - 42.2 km	R 500 R 430
New record 1st 2nd 3rd	Open 21.1 km Open 21.1 km Open 21.1 km	R1 490 R1 000 R 790 R 450
1st 2nd	40+ - 21.1 km 40+ - 21.1 km	R 570 R 430
1st 2nd	50+ - 21.1 km 50+ - 21.1 km	R 440 R 430
1st 2nd	60+ - 21.1 km 60+ - 21.1 km	R 440 R 360
1st 2nd	Junior - 21.1 km Junior - 21.1 km	R 440 R 360
New record 1st 2nd 3rd	Open 10 km Open 10 km Open 10 km	R 930 R 440 R 360 R 300
1st 2nd	40+ - 10 km 40+ - 10 km	R 500 R 430
1st 2nd	50+ - 10 km 50+ - 10 km	R 440 R 430
1st 2nd	60+ - 10 km 60+ - 10 km	R 440 R 430
1st 2nd 3rd	Junior - 10 km Junior - 10 km Junior - 10 km	R 440 R 380 R 340

## COURSE RECORDS:

COURSE	3-IN-1	42.2 KM	21.1 KM	10 KM
MEN	04:13:29 (2007)	02:17:22 (2011)	01:04:06 (2012)	00:30:27 (2016)
WOMEN	05:10:12 (2009)	02:50:29 (2013)	01:21:34 (2009)	00:37:35 (2016)