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**17 MARCH**

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Your favourite  
**Comrades Qualifier**  
on the Spectacular  
**Dolphin Coast**

RACE	START VENUE	START TIME	EARLY BIRD FEES UP TO 31 DEC	FEE AFTER 31 DEC	TEMP. LIC	BUS TICKETS
42km	Lifestyle, Ballito	05H00	R380*	R450*	N/A	R150
21km	Sibaya Casino	05H30	R250	R300	R100	R150
10km	Virginia Sports Ground	05H30	R170	R200	R80	R150
5km	Amphitheater, Durban Promenade	07H00	R80	R100	N/A	N/A

\* FREE ENTRY FOR 70+ ATHLETES FOR 42KM

### THE ROUTES

The 42km, 21km and 10km all follow the M4 to Durban. The route exits the M4 at the Durban Country Club, turns left into Masabalala Yengwe Avenue and left onto the Durban Promenade to finish at the Amphitheater.

### REGISTRATION

Race Packs can be collected at Registration at the Amphitheatre on the Durban Promenade (in front of the Elangeni Hotel) on Friday 15 March from 12h00 to 17h00 and Saturday 16 MARCH from 10h00 to 17h00.

**NO RACE PACK COLLECTION AT THE START.**

5KM Entries online, at Registration and at the Start from 06h00.

### FINISH VENUE

The Finish Venue for all races is the Amphitheatre on the Durban Promenade (In front of the Elangeni Hotel).

### BUS TICKETS

Bus transport will be available from the Finish Venue to the Starts of the three Races. Busses leave from 03H00 from behind the Tourism Office on Marine Parade. Bus Tickets can be purchased online or at Registration.



**ENTRIES CLOSE:**

**MONDAY 11 MARCH**

**RACE OFFICE**

063 772 3537 | [info@theroc.co.za](mailto:info@theroc.co.za)



## COMPETITION RULES

- Entries close at 17h00 on Monday 11 March 2024. There are NO LATE ENTRIES. NO SUBSTITUTIONS WILL BE PERMITTED.
- Race numbers and packs can be collected at the Amphitheatre, Durban Promenade, on Friday, 15 March 2024 from 12h00 – 17h00 and Saturday 16 March 2024 from 10h00 to 17h00. NO RACE PACK COLLECTION AT STARTS. 5KM Entries Online, at Registration and at the Start from 06h00.
- Race Shirts are capped at a total of 4000 for the 42KM, 21KM and 10KM Races. There are no Race Shirts for the 5KM Fun Run. Dolphin Coast Striders reserves the right to substitute sizes selected.
- All athletes must be licenced. Licenced runners must wear their club colours, together with their 2024 licence numbers on the front and back of their vest and the Balwin Sport Marathon race number on the front of their vest. The race number must be placed over the licence number so that the ASA sponsor logo is visible.
- Athletes may wear a temporary licence for the 21km and 10km Races. These athletes must wear plain colours (with no advertising), the temporary licence number on the back of their vest and the Balwin Sport Marathon race number on the front of their vest. 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. No licence/number to be worn on shorts. Temporary licence numbers will be on sale or available for collection at Registration only.
- All the Balwin Sport Marathon events are held under the rules of Athletics South Africa (ASA), KwaZulu-Natal Athletics (KZNA) and World Athletics (WA). All foreign athletes must comply with WA Competition Rule 1.7 and ASA Rule 9
- All Race entrants must be at least the following ages on the day of the event: 42KM – 20 years, 21KM – 16 years, 10KM – 14 years, 5KM – 9 years.
- Junior Athletes must be 19 and younger on the 31 December in the year of the event, must wear a J on the upper front and back of vest/crop top in order to be eligible for prizes and must provide proof of age on Race Day.
- The ASA/KZNA approved numerical age category tags (60mm x 80mm) must be worn on the back and front of athletes' vests for those competing for category prizes. Proof of age must be provided on request before or after the Race.
- Marathon runners who have not passed the halfway cut-off point at 21km in 3 hours (by 08h00) will not be allowed to continue. These runners will be asked to leave the road by authorised officials and will be transported to the finish.
- Prize Giving will be at 08h30 for the 10km and 21km and at 10h30 for the 42km
- Tog Bags and keys can be handed in at the Starts of the three Races. These can be collected at the secure Tog Bag area at the finish at the Amphitheater, Durban Promenade.
- The Balwin Sport Marathon Races, (except the 5km) are Mat to Mat timed events. Your timing chip is on your Race number.
- Athletes are to obey Technical Officials, Traffic Officials, Event Marshals and Safety Officers at all times.
- No seconding for any Balwin Sport Marathon event is allowed.
- No blades, wheelchairs or mechanically operated devices are allowed in this year's Balwin Sport Marathon.
- No iPods, or any other form of earphone type device may be used during any of the Balwin Sport Marathon events.
- No pets are allowed on any of the Routes of the Balwin Sport Marathon, including the 5KM.
- Entry fees shall not be refunded, cancelled, returned or exchanged on account of weather or unforeseen events occurring beyond the control of the event organisers, the race director, the host club or the sponsors.
- Entrants agree that photographs taken by the official race photographer on event day can be used for promotional purposes.
- The Balwin Sport Marathon supports and promotes Clean Running. Please help our event and our sport by throwing your Coke cups and water sachets in the bins provided.

## PRIZE MONEY

POSITION	42KM		21KM		10KM	
	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
1	R10000	R10000	R5000	R5000	R3000	R3000
2	R5000	R5000	R2000	R2000	R1500	R1500
3	R3000	R3000	R1500	R1500	R1000	R1000
4	R2000	R2000	-	-	-	-
5	R1000	R1000	-	-	-	-
1 (40+)	R3000	R3000	R1500	R1500	R1000	R1000
2	R2000	R2000	-	-	-	-
3	R1000	R1000	-	-	-	-
1 (50+)	R2000	R2000	R1000	R1000	R750	R750
2	R1000	R1000	-	-	-	-
3	R500	R500	-	-	-	-
60+	R1000	R1000	R750	R750	R500	R500
70+	R750	R750	R500	R500	R500	R500
1 (JUNIOR)			R1000	R1000	R750	R750

## PRIZE GIVINGS

10km & 21km: 08H30 | 42km: 10H30

## FREE RACE SHIRTS

Shirts are men's sizing and cut, women's sizing and cut. Size charts can be accessed at [www.dolphincoaststriders.co.za](http://www.dolphincoaststriders.co.za)

Race shirts are capped at a total of 4000.

**There are no shirts for the 5km Fun Run.**



## RACE OFFICE

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