

and 10km run/walk combined.

and 10km run/walk combined.

1 tokm Walk = 6:10am

A 5km Eun Bun/Walk = 6:30am | Cut of time: 12:00 noon.



LOCAL IS **LEKKER** 

## **TOWNSHIP MARATHON**

Surname:

Number collection & late entries Friday & Saturday 23rd & 24th February 2024 from 09:00 to 16:00.

Sunday 25<sup>th</sup> February 2024 race number and late registration opens from 4am to 6am for all events

Stores entries close on 19th February 2024

The Sweat Shop, Fourways Crossing, Shop U4A | Tel: (011) 467-5966

The Sweat Shop, Dunkeld West Centre, Jan Smuts Ave, Dunkeld | Tel: (011) 325-2567 Orlando Community Hall. Soweto | Tel: 073 944-2571

8 Nieuwveld Street Eldorado Park, Soweto, 1811, South Africa | Tel: (083) 704-3649

For official use only
Race Number

On-line Entries www.peaktiming.co.za

closes: 19th February 2024



First name:														
Postal address:														
						Code:								
Age on race day ID number/						Gender M F				F				
Category (Mark with X)														
Junior Men	15-19	Senior M	en	20-39	Vetera	an Men		40-49	Master N	√len	50-59	Grandmas	ter Men	60+
Junior Women	15-19	Senior W	omen	20-39	Vetera	an Wome	en	40-49	Master \	Vomen	50-59	Grandmas Women	ter	60+
Club:	ub: Province:						Licence number:							
Tel (w):	(h):						Cell:							
Email:	Facebook:/					Twitter:/ Instagram:/								
Number of Township Marathons completed														
	Ма	rathon	Half Ma	rathon	10k	cmRun/	/Wal	k 4kn	n Run/V	Valk				
Pre-Entry fee: Blind Runners: Grandmasters: Temp License:	: 1	R450 Free R350 R200	: F	300 ree 200 70		: R15 : Free : R10 : R60	0		: R80 : Free		Entry for Temp II	icence	R R R	
										)	ou would	ase indicate like to enter	by markii	ice
							-			)	Total  EVENT: Ple	ase indicate	R which ra	ıC

Payment Method: cash
Payable to: Township Marathon

Deposit entry fee into bank account: Township Marathon, First National Bank, Acc. No. 62447481524, Branch Code 256055 Southgate. Please note that entry fees are not refundable.

Deposit/EFT

#### Disclaimer

I acknowledge and agree that township Marathon, its employees and agents, sponsors, suppliers and volunteers associated with event will not accept responsibility for injury, damage or loss of any nature whatsoever which may result from participating in the Township Marathon, and I declare that I am participating in the Township Marathon entirely at my own risk even if I have not read this disclaimer and someone has entered on my behalf. If the marathon should be cancelled owing to circumstances beond the control of the organisers, no refunds will be granted. Note: Consult a medical practitioner before engaging in any activity. Entry into the marathon requires proof of payment to accompany the event form before the deadline in order to validate the entry and goodie bag qualification.

Signature of entrant

Signature of parent or guardian of entrant if under 18 years

### Rules

- 1. Run in accordance with the rules of ASA and CGA.
- 2. Proof of age to be produced on request.
- 3. Marathon runners must be 20 years or older on race day.
- 4. Half-Marathon runners must be 16 years or older on race day.
- 5. 10km race runners must be 15 years or older on race day.
- 6. Fun Run open to all age groups.
- 7. No seconding allowed, as there are ample watering points.
- 8. Registered athletes must be a member of a club affiliated to ASA and wear club colours.
- 9. International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize.
- 10. Temporary licenced athletes must wear plain clothing.
- 11. The issued race number/bib which include a timing chip, must be worn throughout the race in front of the vest on top of the 2024 provincial licence bib, not concealing the sponsors name and the issued temporary licence number must be worn on the back of the vest and the issued race number on the front of the vest.
- 12. Athletes must wear their age category tags.
- 13. No walkers in the marathon.
- 14. Wheelchair athletes are welcome to participate in 10km run/walk road race only.
- 15. No rollerblades, skateboards or cyclists allowed on the route.
- 16. Registered athletes must wear their club colours together with their 2024 provincial licence bib on the back and front of their garment/vest with the Issued race number on top of their provincial licence bib not obscuring the sponsors names on their provincial bib number
- 17. Regrettably, athletes are not allowed to participate with pets.
- Walkers competing for prize money must wear short pants. Any long pants covering the legs will lead to disqualification.
- 19. Entry fee is not refundable.
- 20. All entrants participate at their own risk.
- 21. Blatant running by any walker may lead to immediate disqualification.
- 22. Walkers must wear their WALK tags.
- 23. Three warnings may lead to disqualification.
- 24. Team prizes: Only SA citizens or permanent residents will be eligible.
- 25. All foreign athletes must comply with the rules of IAAF and ASA rule 142.2 and 4.2.
- 26. All traffic officers and officials instructions to be obeyed.
- 27. Athletes are only eligible for prizes if all information is completed on their race number, tear-off strip.
- 28. Athletes are only eligible for prizes in the race they have entered.
- 29. 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.
- 30. The organisers reserve the right to accept or reject any entry.
- No ear plugged devices allowed during the race, excluding hearing aid devices in contravention of IAAF rule 144.2b may lead to disqualification.

- 32. Foreign athletes are not allowed to run with a ASA Provincial licence and are required to purchase a temporary licence or face disqualification. (Refer to IAAF rule 4.)
- 33. Foreign athletes are not allowed to run in club colours unless such club exist in their country of origin or they are in possession of a refugee status permit or are naturalised citizens of RSA.

# Total Prize-money R62 440.00

#### **Marathon:**

Equal Cash Prize Money for Men & Women

Pos	Open	Veteran	Master	G/master		
	R	R	R	R		
1	3 000	1 000	750	500		
2	2 000	750	400	300		
3	1 500	500	250	200		

Starting Time: 06h00

Prize-Giving:

Marathon Record Incentive

Man: Raphael Segodi Woman: Michelle Williams

11h00

2:20:17 (2013)R3 000-00 2:52:55 (2013) R3 000-00

#### **Half-Marathon:**

Equal Cash Prize Money for Men & Women

Pos	Open	Junior	Veteran	Master	G/maste
	R	R	R	R	R
1	1 500	300	500	400	300
2	1 000	200	300	250	200
3	500	100	200	150	150

Starting Time: 06h00 Prize-Giving: 10h00

Half-Marathon Record Incentive

Man: Derocious Makubane Woman: Lebogang Phalula

1.06.29 (2014)1.20.09 (2016)

R1 500-00 R1 500-00

#### 10km Run:

Equal Cash Prize Money for Men & Women

Pos	Open	Junior	Veteran	Master	G/master
	R	R	R	R	R
1	1 000	200	400	300	200
2	500	100	250	200	150
3	300	70	150	150	100

06h00 Starting Time: 09h00 Prize-Giving:

10km Run Record Incentive

Namakoe Nkhasi Man: Woman: Nolene Conrad

0:29:57 0:34:24

(2018)R1 000-00 (2013)R1 000-00

10km Walk

Equal Cash Prize Manay for Man & Waman

300

Equal Ca	Sti Prize ivi	oney for ivie	en & vvomen			
Pos	Open	Junior	Veteran	Master	G/master	
	R	R	R	R	R	
1	1 000	100	400	300	200	
2	500					

06h10 Starting Time: Prize-Givina:

09h00

10km Walk Record Incentive

Man: Lebogang Shange Woman: Zelda Schultz

0:41:29 (2016)0:49:33 (2020)

R1 000-00 R1 000-00

#### **Medals**

3

Gold: - All category winners, Men & Women Silver

- Marathon - sub 3h00 Men & Women - Half Marathon - sub 90min Men & Women - 10kM Run - sub 40min Men & Women

- 10kM Walk - sub 55min Men & Women

For more information contact: Joe Morris - 082 443 3777 & Gerhard Van Wyk - 083 292 9551







