

## ze Money Totals R86 80

OCEANS MARATHON

Single Lap Comrades and Totalsports Two Oceans Marathon qualifier

> **Event Starts** at 6h00



Venue: Cafe Du Cirque, Plot 116, Springbok Rd, Daleside, Randvaal

Cuttoff Times: 42,2km - 6h30 | 15km - 4h00 | 5km - 2h00

RESULTS WILL BE AVAILABLE ON: https://results.finishtime.co.za/

Early bird entries (Before 31 August 2024)

42.2km - R300

15km - R220

5km - R100

Great Grand Master and Grand Master 50% off on all entry fees.

Late entries (1 September 2024 onwards)

42.2km - R350

15km - R250

5km - R150

Great Grand Master and Grand Master 20% off on all entry fees.





































RACE QUERIES: Email: midvaalmadmac@gmail.com | www.facebook.com/midvaalmadmac

ONLINE REGISTRATION AT: www.events.myactive.co.za





## **Money Totals R8** ZES: MALE AND FEMA

MADMAC 2024					MADMAC 2024				
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OPEN	1	R10 000	R5000	R500	VETERAN +40	1	R3000	R1500	R300
	2	R5000	R2500	R300		2	R1500	R800	R250
	3	R2500	R500	R200	6	3	R500	R500	
	4	R1000		_		į	-	-	_
	5	R500					-		_
MASTER +50	1	R1000	R500	R250	GMASTER +60	1	R750	R350	R200
	2	R750	R250	R200		2	R500	R250	-
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JUNIOR	1	_	R250	R250	AVT 1ST	1	R600	-	_
	2	-	R200	R200			-	_	-
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## ALL PRIZE MONEY WILL BE PAID VIA EFT

RACE QUERIES: Email: midvaalmadmac@gmail.com | www.facebook.com/midvaalmadmac

## Race rules and regulations:

- The race is run in accordance with the rules of ASA and AVT.
- Registered athletes must be a member of a club affiliated to ASA, wear official club colours and two ASA 2024 license numbers on the front and back of your vest.
- If you do not belong to an ASA affiliated club, you need to procure a temporary license at an additional cost of R100 and run in neutral/white colours.
- 4. All race numbers must be worn on the front of your vest. The ASA logo on the front of you vest must not be covered by the race number.
- 5. If you have a temporary license, your race number must be on the front and the temporary license on the back of your plain clothing. 6. No temporary licenses needed for the 5km, 5km no club kit or ASA numbers or temporary numbers required.
- 7. Athletes running with a temporary license will not be eligible to qualify for Comrades or Two Oceans.
- 8. Proof of age or ID document must be produced on request at the Prize giving.
- 9. Athletes competing for age categories must wear their age tags on the front and back of their vests.
- 10. No seconding will be permitted on any part of the route .
- Distance boards every 1km.
- 12. Waterpoints every 3km.
- 13. All traffic officials and marshals on the route must be obeyed. Failure to do so might lead to disqualification.
- 14. Should an athlete wish to appeal against any ruling he/she must fill in an appeal form and pay R500. If the appeal is successful, he/she will be re-funded.
- 15. All athletes compete at their own risk. Athletes indemnify the National, Provincial, Regional bodies as well as sponsors and the organizers of the race against any or all actions of any nature whatsoever, that may arise due to participation in this event. No dogs/pets are allowed in any of the events.
- 16. The following minimum age restrictions apply to road races in South Africa and the age shall be as at the date of competition.
- 17. 5km Must be 9 years or older
  - 15km Minimum age of 15 years
  - 42,2km 20 years or older
- 18. No headphones are allowed as per ASA rules.
- 19. Should the event be cancelled for any unforeseen circumstances or Act of God, athletes will be 80% refunded.

Venue: Cafe Du Cirque, Plot 116, Springbok Rd, Daleside, Randvaal Number collection at the venue:

Friday: 13h00-17h00 | Saturday: 08h00-17h00 | Race Day from 04h40 till 05:40





























