



**R100 000 prize money for 3-in-1 event sponsored by Lake Umuzi!**



**Saturday 8 March 2025**  
**Presented by Lake Umuzi Secunda Marathon Club**  
**73.3 KM**  
**42.2KM, 21.1KM, 10KM**



Scan for directions



Qualifier

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

**Online entries closes on 23 February 2025 for 73.3km**

**Online entries closes on 01 March 2025 for 42.2km, 21.1km**

NO substitutions	3-in - 1	42.2 km	21.1 km	10 km
Entry fee	R700	Online: R270 Late: R320	Online: R190 Late: R220	R120
Start time		06:00	13:00	17:00
Cut-off time		12:00	16:30	19:00
Minimum age on race day		20 years	16 Years	14 years
Entries	Online only Closing date: 23 February 2025	Online Fri: 15:00-21:00 Sat: 04:00-05:45	Online Fri: 15:00-21:00 Sat: 11:30-12:45	Online Fri: 15:00-21:00 Sat: 15:30-16:45
Registration (collection of race number)		Fri: 15:00-21:00 Sat: 04:00-05:45	Fri: 15:00-21:00 Sat: 11:30-12:45	Fri: 15:00-21:00 Sat: 15:30-16:45
Temporary Licence (required if you do not have an ASA licence)				
				R50

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

**Start and finish at Lake Umuzi South Bank - Secunda - GPS coordinates to parking: 26°31'10.7"S29°10'38.3"E**

## IMPORTANT INFORMATION:

- Entries for the 3-in-1 can only be done online and closes on 23 February 2025. A free finisher t-shirt is issued with 3-in-1 entries. No late entries are available for the 3-in-1 event.
- 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 Comrades Marathon qualifier.
- No refunds for race cancellation due to inclement (bad) weather or any other reason shall be given. No substitutions are allowed.
- All athletes completing their 10th or 20th race will receive a commemorative jacket. Athletes only qualify for a 15 year jacket if their 11th race has been run in 2023 or earlier.
- All children MUST be under adult/parent supervision at all times.
- 73.3km prize money will only be paid via EFT.
- Athletes competing for prize money must have their IDs and bank details with them.
- For accommodation reservations and camp sites at Lake Umuzi, please contact 017 631 3452/41. Food stalls available at race venue.
- For more information visit our website: [www.kosmos3in1.co.za](http://www.kosmos3in1.co.za) or contact our race office at [theoriginalkosmos3in1@gmail.com](mailto:theoriginalkosmos3in1@gmail.com)

## 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 2025 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 numbers 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
<b>New record</b> 1st 2nd 3rd	3-in-1 73.3 km 3-in-1 73.3 km 3-in-1 73.3 km	R 6 000 R25 000 R15 000 R10 000
<b>New record</b> 1st 2nd 3rd	Open - 42.2 km Open - 42.2 km Open - 42.2 km	R 2 500 R 3 000 R 2 000 R 1 000
1st 2nd 3rd	40+ - 42.2 km 40+ - 42.2 km 40+ - 42.2 km	R 1 000 R 800 R 500
1st 2nd 3rd	50+ - 42.2 km 50+ - 42.2 km 50+ - 42.2 km	R 800 R 650 R 550
1st 2nd	60+ - 42.2 km 60+ - 42.2 km	R 600 R 500
<b>New record</b> 1st 2nd 3rd	Open 21.1 km Open 21.1 km Open 21.1 km	R 2 000 R 2 000 R 1 500 R 800
1st 2nd	40+ - 21.1 km 40+ - 21.1 km	R 600 R 500
1st 2nd	50+ - 21.1 km 50+ - 21.1 km	R 600 R 500
1st 2nd	60+ - 21.1 km 60+ - 21.1 km	R 600 R 500
1st 2nd	Junior - 21.1 km Junior - 21.1 km	R 600 R 500
1st	Walker - 21.1 km	R 600
<b>New record</b> 1st 2nd 3rd	Open 10 km Open 10 km Open 10 km	R 1 000 R 600 R 500 R 400
1st 2nd	40+ - 10 km 40+ - 10 km	R 600 R 500
1st 2nd	50+ - 10 km 50+ - 10 km	R 600 R 500
1st 2nd	60+ - 10 km 60+ - 10 km	R 600 R 500
1st 2nd 3rd	Junior - 10 km Junior - 10 km Junior - 10 km	R 600 R 500 R 400
1st	Walker - 10 km	R 500

## 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)