

ENTRY FORM



HARRY GWALA DISTRICT

# MARATHON

2025

10<sup>th</sup>

Anniversary



**Sunday, 23 March 2025**

START: R612 HIGHFLATS

FINISH: UMZIMKHULU TVET COLLEGE

**42, 2 KM | 06:00 AM**

**21,1 KM | 06:30 AM**

**10 KM | 06:45 AM**



KWAZULU-NATAL PROVINCE  
SPORT, ARTS AND CULTURE  
REPUBLIC OF SOUTH AFRICA



UMLHLABIZWE  
MUNICIPALITY



A Better Place for All



GREATER  
KOKSTAD  
MUNICIPALITY  
SOURCE OF INSPIRATION



**PERSONAL INFORMATION**

ID Number		Date of Birth	
Surname		Year	Month
First Name		Gender	Male
E-Mail Address			Female
Cellphone no.		Passport Number	
Club name in full		License Number	

**RESIDENCY**

South African		International	
If not South African- Indicate			
Province			

**FINAL REGISTRATION VENUE & RACE NUMBERS COLLECTION**

STATISTICS SA, next to Peace Initiative Town Hall Margaret Street

T-Shirt *The t-shirts will be provided to first 1500 entrants of 42.2, 21.1 & 10km races*

**HISTORY**


Have you entered before?	Yes	No	Number of races
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**MEDICAL INFORMATION**

Do you have any allergies?	Yes	No	Please Specify
Special medical condition	Yes	No	Please Specify
Medical Aid	Yes	No	Name
Emergency contact person	Cell Number	Full Name	Number

**ENTRY FEE**

5 km Fun	R100.00		70 years + (FREE ENTRY)	DISABILITY (FREE ENTRY) Proof required
10km	R250.00			
21.1km	R300.00			
42.2km	R350.00			

Temporary licenses: 10km – R80 21.1km – R100		
<i>Late entries from 17 March 2025 will pay R50 more for each race category</i>		
<b>Total</b>		

**RELEASE AND WAIVER**

Online Entries will be charged a minimum admin fee of 8%, then the club is not responsible for online fees at the end.

Manual admin fee will pay additional amount of R30 per entry

I am in good health, physically fit and have sufficiently trained to participate in this event. I agree to comply with the rules, conditions of entry and regulations for this event which includes the payment of the entry fee. I hereby release and discharge the organizer of the Harry Gwala District Marathon, all staff, consultants, sponsors, volunteer groups, medical personnel, any and all local authorities, from any loss or damage, however caused, arising from my participation in the event, including pre-race and post-race activities.

This waiver applies to my executors, heirs, administrators, assigns and myself. I grant permission to the organizers and sponsors, in terms of section 51 of the Electronic Communications Transactions Act 25 of 2002, to use my name, race information and any photographs, video tape, broadcast and/or telecast footage in which I may appear, for whatever use, at no charge.

**SIGNATURE:**

## Race Rules and General Information

1. The race is run strictly in accordance the rules of WA, ASA and KZN Athletics. Athletes MUST familiarize themselves with these rules.
2. Foreign athletes must comply with WA Rules CR 1.7, TR 4.1, and TR 4.2 together with ASA Rule 9.
3. All participants must be 20 years and older for 42.2km, 16 years and older for the 21.1km, 14 years and older for the 10km and 9 years and older for 5km.
4. All participants must wear the following:
  - a. Their correct club Colours
  - b. Race number on front of vest or crop top
  - c. 2025 Provincial license number on front and back of vest or crop top
5. ASA Approved Age category identification tags (i.e., J, 35, 40, 50 & 60) must be worn on the front and back of your vest or crop top and must be clearly visible in order to qualify for the age category prize.
6. Walkers to display Walker tags.
7. Refreshments tables will be provided, and NO personal seconding will be allowed.
8. Tog bag facility will be provided. Tog bags will be kept at owner's risk.
9. Prize giving will commence at 11h00am
10. Cut-off time for 42.2km run is 12h00.
11. Proof of age will be required.
12. A junior athlete must be 19 years

and younger on 31<sup>st</sup> December in the year of the competition.

13. Athletes MUST obey race officials, Marshals, and Traffic officials.
14. Pacing will not be allowed.
15. Athletes MUST make their own arrangements to Start and Finish.
16. Temporary License holders MUST wear plain color with NO advertising.
17. Temporary licensed athletes are not covered by a National Insurance Policy, ASA Rule 25.6.15.
18. Holder of temporary licenses will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13.
19. All Prizes will be held by the Organizer pending receipt of Anti-Doping results from ASA.
20. If you're not in the prize giving on the day of the event, you forfeit your prize.
21. Sleeping Accommodation will be provided to those athletes who will require them, and they must bring their own blankets.
22. Meals will be provided to all athletes who have completed the race.
23. Goodie Bags and Race Packs must be collected on the 22<sup>nd</sup> of March 2025 at Statistics South Africa in Ixopo Town starting from 10am –

21:00pm

The Organizing Club and Sponsors will not be held responsible for any injury/illness occurring during, or as a result of the race or for any loss of property or damage on the course or in the changing area. All athletes must be medically fit and take part entirely at their own risk.

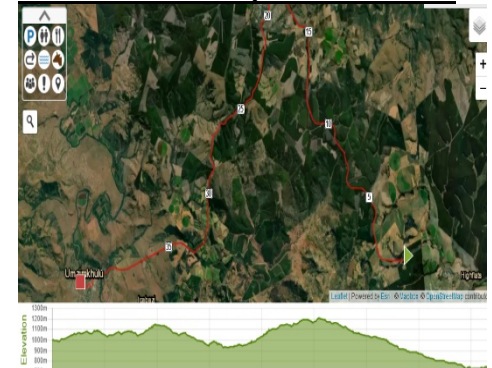
## Previous Marathon Winners

MEN		
Year	Name	Time
2015	Lungile Gongqa	2:19:33
2016	Realeboha Lenanya	2:29:32
2017	Charles Soza	2:22:41
2018	Ntsindiso Mphakathi	2:29:07
2019	Thobani Chagwe	2:19:38
2020	Ndumiso Sokhela	2:19:52
2021	-	-
2022	Ayanda Ngcobo	2:18:08
2023	Jobo Khatoane	2:16:47
2024	Mholi Jali	2:33:45

WOMEN		
Year	Name	Time
2015	Lineo Chaka	2:49:26
2016	Lizih Chokore	3:16:11
2017	Lizih Chokore	2:59:56
2018	Loveness Madziva	3:10:01
2019	Mamorallo Tjoka	2:45:04
2020	Loveness Madziva	2:43:24
2021	-	-
2022	Chepkosgei Koech	2:58:25
2023	Zinhle Shabalala	2:46:13
2024	Irine Lotitately	2:58:49

## Route Profile: Harry Gwala Marathon



**AWARDS & INFORMATION**  
**General Awards**

Medals will be awarded to all official finishers who complete the full distance within 6-hour cut-off.

**42.2km**  
**Medals**

**Gold First 10 Men and Women**  
**Prize Money (42.2km Only)**

Position	Open
Position 1	R60 000
Position 2	R30 000
Position 3	R20 000
Position 4	R10 000
Position 5	R9 000
Position 6	R8 000
Position 7	R7 000
Position 8	R 6 000
Position 9	R 5 000
Position 10	R 4 000

**Age Category Prizes (42.2km) Men and Women**

35 -39 years	Position 1 R1000 Position 2 R800 Position 3 R500
40 -49 years	Position 1 R1000 Position 2 R800 Position 3 R500
50 - 59 years	Position 1 R1000 Position 2 R800 Position 3 R500
60 - 69years	Position 1 R1000 Position 2 R800 Position 3 R500
70 years +	Position 1 R1000 Position 2 R800 Position 3 R500
<b>Special Category (Disability Men &amp; Women)</b>	
	Position 1 R1000

**Harry Gwala District Athletes**

The top five Harry Gwala District athletes (Males and Females) affiliated with Harry Gwala District Clubs to complete one of the events will each receive the below incentives:

Pos.	42.2km	21.1km	10km
1.	R 5000	R 3000	R 2000
2.	R 3000	R 2000	R 1500
3.	R 2000	R 1500	R 1000
4.	R 1500	R 1000	R 800
5.	R 1000	R 800	R 500

**21.1km**  
**Medals**

**Gold First 10 Men and Women**

**Prize Money (21.1km only)**

Position 1	R10 000
Position 2	R 7000
Position 3	R6000
Position 4	R5000
Position 5	R4500
Position 6	R4000
Position 7	R3500
Position 8	R3000
Position 9	R2500
Position 10	R2000

**Age Category Prizes (21.1km) Men and Women**

Juniors	Position 1 R500 Position 2 R300 Position 3 R200
35 -39 years	Position 1 R500 Position 2 R300
40 -49 years	Position 1 R500 Position 2 R300
50 - 59 years	Position 1 R500 Position 2 R300
60 – 69 years	Position 1 R500 Position 2 R300
70 years +	Position 1 R500 Position 2 R300

**RACE WALK – 10km Only**  
**Men and Women**

Position	Open
Position 1	R 2500
Position 2	R 1400
Position 3	R 1200
Position 4	R 1100
Position 5	R 1000
Position 6	R 900
Position 7	R 800
Position 8	R 700
Position 9	R 600
Position 10	R 500

**10km**

**Prize Money (10 Km Only)**

Position	Open
Position 1	R5 000
Position 2	R3 000
Position 3	R2 000
Position 4	R 1800
Position 5	R 1600
Position 6	R 1500
Position 7	R 1400
Position 8	R 1300
Position 9	R 1200
Position 10	R 1000

**Age Category Prizes (10km) Men and Women**

Juniors	Position 1 R500 Position 2 R300 Position 3 R200
35 -39 years	Position 1 R500 Position 2 R300
40 -49 years	Position 1 R500 Position 2 R300
50 - 59 years	Position 1 R500 Position 2 R300
60 – 69 years	Position 1 R500 Position 2 R300
70 years +	Position 1 R500 Position 2 R300

**Note:** All prizes including prize money, trophies, and/or special medals will only be issued once drug test results have been received and subject to clearance. All prize money is subject to South African tax laws; this may take up to three (3) months to process.

**AGE CATEGORIES**

An athlete is not eligible for a prize in more than one age category, i.e. an athlete is only eligible for a prize in the age category applicable to him/her or the younger category chosen by him/her down to senior level provided he/she is wearing the relevant age category tag. An athlete, male or female, who finishes the race in first to tenth position, may, however, win his/her position prize as well as any applicable age category prize. Unless you specifically request in writing to HARRY GWALA DISTRICT MARATHON organizers to change your age category to a lower age category, you will be entered in the age category of your chronological age. Appropriate numerical age category tags must be worn on the front and back of the upper body garment. An athlete must provide positive identification to verify proof of age

**FURTHER ENQUIRIES:**

HARRY GWALA DISTRICT  
MARATHON  
P.O. Box 132  
IXOPO  
3276  
Telephone: 039 834 8700  
Cell: 072 9488779 Themba Gumede  
: 0671550421 Race Secretariat  
: 060 503 4181 – Musa Dlamini  
: 078 3827528 – Khayakazi Mhatu  
[Email: thembaaisaac@gmail.co.za](mailto:thembaaisaac@gmail.co.za)