











# The gold, the guts, the glory!

## Prize money

	1st	2nd	3rd
Jem	R10 000	R5000	R3000
42.5	1st Veteran	1st Master	1 <sup>st</sup> GM
	R1500	R1500	R1500
	1st	2nd	3rd
em	R5 000	R2500	R1500
21.1	1st Veteran	1st Master	1 <sup>st</sup> GM
	R1000	R1000	R1000
pcr	1st	2nd	3rd
	R2500	R1000	R700
3	1st Veteran	1st Master	1 <sup>st</sup> GM
10f	R750	R750	R750
	10/m	Tunion,	
	1st	2nd	3rd
	R1000	R500	R300













### Race notes

- Walkers are welcomed on the half marathon and 10km only
  - 2. Medal cut-off for both 21.1km and 42.2km is strictly 12:00
- 3. Runners will be asked to leave the route after 12:00 as the support will be withdrawn.
- 4. Please help us reduce wastage and abuse by taking no more than one coke and two water sachets per table.
  - 5. Halfway cut-off for 42.2km will be 09h30, at the 26<sup>th</sup> kilometre mark.
    - 6. Tog bag area will be available at the venue.













#### Race rules

- 1. The event is held under the rules of ASA and CGA.
- 2. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
- 2. All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
- 3. Licensed athletes must wear club colours and their 2026 license number back and front, on the upper body of the garment and the issued race number worn on the front of vest without concealing the sponsors names. Licensed athletes who do not wear their 2026 license numbers must purchase a temporary license on the day or face disqualification.
  - 4. Temporary licensed athletes to wear plain clothing with the issued temporary license on the back of their vest.
- 5. Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
  7. No seconding allowed.
- 8. International Athletes must provide a clearance letter (from their country of origin) to the organizers and chief referee prior to the start of the event.

  Prizes will be withheld if this rule is not adhered to.
- 9. Walkers competing for Walkers prizes (if any) must wear Walker tags on the front and back of their running vest and adhere to IAAF rule 230.
- 10. No blades, cyclist or mechanically operated devices allowed in the race 11. No 2, 3 or 4 wheel carts/prams which are mechanically or manually operated by participants, or wheelchairs athletes will be permitted to participate without special permission has been granted from the race organiser. All such participants MUST start at the back of the field.

  13. No animals/pets are allowed to participate.
  - 14. Only South African athletes are eligible for team prizes. The domicile rule applies.













#### Race rules

- 15. All instructions from traffic and race officials must be obeyed at all times.
- 16. Proof of age for prize winners is required and must be presented to the referees before prize
- giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
- 17. Only those who have completed all the information required in the race entry/number are eligible for prizes.

18. No refunds.

- 19. No earphones, iPods and the like allowed and contravention of IAAF rule 144.2b, may lead to disqualification.
- 20. Athletes may not run with another athlete's race number unless by prior arrangement with the race organizer.
  - 21. The race organizer retains the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission. 22.

Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA

disciplinary.

- 23. Licenced athletes not wearing club colours may face disqualification.
  - 24. Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Athletes can be disqualified if they litter.
- 25. Objections/disputes must be lodged within 30 minutes before and after prize giving in writing to the chief referee accompanied by R500.00 which is refundable if the appeal is upheld.













Race rules

26. No athletes should be denied his prize money if he/she has entered a race, and allowed to start without an electronic chip, providing that the referees have spotted him/her at each and every check point. This implies that the athlete has ran the entire race and won fairly.

27. Foreign athletes are not allowed to run with a ASA Provincial license and are required to purchase a temporary license or face disqualification. (Refer to IAAF rule 4.)

28. 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 naturalized citizens of RSA.

Age requirements are race/distance dependent:
10km: Minimum age is 14 years 21.1km: Minimum age is 16 years.
42.2km: Minimum age is 20 years.







