



# TRONOX


## MARATHON



**SUNDAY 29 March 2020**

Marathon (42.2km)	R230
Half Marathon (21.1km)	R160
10km Race	R100
5km Family Fun Run	R 30
Late entries pay an extra	R100

**ONLINE ENTRIES CLOSE ON 26 MARCH 2020:**  
*LATE ENTRIES 27/28 March 2020 – Addison Park Empangeni*  
*NO ENTRIES for 42.2km, 21.1km or 10km will on race day*  
**T-shirts to all entries before 15 February 2020**



MSEM Online  
www.msem.co.za

- Unlicensed athletes for the 21.1km and 10km races will need to purchase a temporary licence to participate.
- No temporary licenses will be allowed for the 42.2km

**Start and Finish: Addison Park; Empangeni**  
**S28°44'201 – E 31°53.741**

### Start Times

42.2km	-----05:30
21.1km	-----05:45
10km	-----06:30
5km	-----07:00

★ Medals to all finishers ★ Plenty of spot prizes to be won ★ Well stocked water tables every 3km ★ Toilet and shower facilities available at start/finish ★ Medical personnel available ★ Secure parking and tog bag facilities

More Info: Roy Singh: 082 947 2153  
<http://www.umhlatuze-ac.co.za/marathon>  
[info@umhlatuze-ac.co.za](mailto:info@umhlatuze-ac.co.za)



KWAZULU-NATAL ATHLETICS

## Indemnity Form

Name: \_\_\_\_\_ Surname: \_\_\_\_\_  
ID: \_\_\_\_\_ Licence No: \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_  
Club: \_\_\_\_\_ Email: \_\_\_\_\_  
Tel: \_\_\_\_\_ Province: \_\_\_\_\_  
Address: \_\_\_\_\_ Code: \_\_\_\_\_

Category:

Jnr		Snr		35		40		50		60	
Event											
42.2km		21.1km		10km		5km		WALK		RUN	

I am medically fit to run and fully understand that I ran at my own risk, and that the organiser's will not be held responsible for any injury or illnesses incurred during or a result to the race or for any property lost or damaged on the course or in the changing area. I undertake to abide by all IAAF, ASA and KZNA rules.

Signature: \_\_\_\_\_ Signature(Parent/Guardian) \_\_\_\_\_

### RACE RULES

1. This race is run subject to KZNA and ASA and IAAF rules
2. All participants must meet the minimum age limit on race day:
  - 10km – 14 years
  - 21.1km – 16 years
  - 42.2km – 20 years
3. Participants must wear their correct club colours and official 2019 license number on the front and back of their vest/crop top and be clearly visible
4. In order to qualify for category prizes, category tags must be worn on the front and back of the vest/crop top and be clearly visible.
5. Entrants must indicate on their entry form which category they are entering.
6. Runners/Walkers using temporary licences are eligible for a category prize provided that category tags are worn.
7. Walkers must display a "W" tag on the front and back of their vest/crop top.
8. Foreign athletes must adhere to IAAF Rule 4.2 and 142 and ASA Rule 9 and 24
9. Temporary licenced runners are to wear plain clothing without advertising with the number pinned to the front of the vest.
10. Pacing and personal seconding is not allowed.
11. Race officials, traffic officials and marshals must be obeyed at all times.
12. Cut off times:
  - 21.1km – 4hrs
  - 42.2km – 6hrs
13. Prize giving will take place after the cut offs.
14. Results will be available on [www.umhlathuze-ac.co.za](http://www.umhlathuze-ac.co.za) / [www.msem.co.za](http://www.msem.co.za)
- 15.

### **PRIZES**

	42.2km RUN	21.1km RUN	21.1km WALK	10km
Open 1st	3000	1500	1500	1000
Open 2nd	2000	1000	1000	750
Open 3rd	1500	750	750	500
Age Category	400	200		
Jnr 1 <sup>st</sup>				300
Jnr 2 <sup>nd</sup>				200
Jnr 3 <sup>rd</sup>				100