

















Laster - 082 4706461

Protas - 078 4466355

Race Pack collection dates 9 & 10 October 2020 –@ Ushaka Wahooz – Promenade Buy ticket online on www.webtickets.co.za or at any PICK n PAY

- 1. Ushaka Race will be run in accordance with rules of WA (IAAF), ASA and KZNA and all participants are to abide by these rules.
- 2. Ushaka Marathon is open to all licensed and non-licensed runners.
- 3. No post dated cheques nor any postal orders will be accepted.
- 4. Monies are not refundable for non-participation in the event for whatever reason.
- 5. Entries may not be exchanged.
- 6. Prizes will only be given for the race you enter. Prize giving will take place at the finish. Prize giving will be at 10h00
- 7. Temporary licenses are available at **R40.00** for 10km and **R55.00** for 21.1km race.
- 8. All participants must wear their race number on the front & back of their vest, crop top or T-shirt.

 The number with a timing chip must be worn on the front. Do not fold or damage the chip nor remove the foam backing strip.
- 9. All the road races are run in strict accordance with the rules of WA (IAAF), ASA & KZN Athletics.
- 10. Age category identification (i.e. J for juniors 35,40,50 & 60)
- 11. Refreshments stations will be situated approximately every 3km.
- 12. Age category prize winners may be requested to provide proof of age.
- 13. Baby joggers and prams are allowed on route and must start at the back of race. ASA Rule 34.10.3
- 14. All licenced athletes are covered by limited ASA insurance.
- 15. All foreign athletes must comply with the WA (IAAF) rule 22,1 4.2 and 142 and ASA 9.
- 16. All Marshals, Security officers, Race officials, SA Police & Traffic officials must be obeyed.
- 17. Wheelchair participants are encourage to take part. ASA rule 41 and 45.5.11
- 18. The use of music players with headphones is not allowed and may result in disqualification. WA (IAAF) Rule 144.3(b) and ASA Rule 34.10.6.
- 19. No swopping of race numbers or chips as these are linked to your names and finishing time and may result in disqualification
- 20. Toilets will be available at the start and at the finish as well as Parking's available first hour is free second hour is R11:00 + from third hour R1 is added.
- 21. No ambush marketing is allowed.
- 22. Do not litter. ASA Rule 28
- 23. The time limit to finish the race is 10h00.
- 24. Results will be available on www.ushakarace.co.za
- 25. All finishers will receive a medal.