

## RACE RULES AND GENERAL INFORMATION

1. The race is run strictly in accordance with the rules of IAAF, ASA and KZN Athletics.
2. Foreign athletes must comply with IAAF Rule 4.2 & 142
3. All participants must be 20 years and older for the 56km, 14years and older for the 10km and 9 years and older for the 5km
4. All participants must wear the following:
  - a. Their correct club colors
  - b. Race number on front of vest or crop top
  - c. 2017 Provincial license number on Front and Back of the upper body garment (vest or crop top) . Athletes must comply with ASA Rules 23.6 & 24.2.2Athletes MUST also Familiarize themselves with and abide by the Advertising rules as per the IAAF Rule 143 and ASA Rule 23 & 24 as well as Advertising Regulations.
5. New ASA & KZNA 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 Wtags
7. Refreshment 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 12h15.
10. Cut off time for 56km run is 13h00.
11. Proof of age may be required
12. Athletes MUST obey race officials, Marshals and Traffic officials
13. Pacing will not be allowed
14. Athletes MUST make their own arrangements to start and Finish.
15. Temporary Licence holders MUST wear plain colour with NO advertising.
16. All Prizes will be held by the Organizer pending receipt of Anti-Doping results from ASA.

Enquiries: Bheki Zwane: 082 9655 821/035-874 5626/7 or Cyril Myaka:  
0835917018 or Mphathiseni Manqele 083 432 9566

Deposit money into bank account– fax bank deposit slip and entry form to:  
035 874 5589/91 for attention Xolani Sibiya / Thobile Nsimbi  
Bank details: ABSA – Newcastle  
Acc no: 404 716 2045  
Ref: ZDM Marathon

Accommodation: Thulani Ntenga: 0727484250  
Smanga Gazu : 0799365163  
Nathi Mayise: 0736169708



## ZULULAND 56 KM ULTRA MARATHON 2017

“Comrades Marathon Qualifier”

Hosted by: Nongoma and Ulundi Athletic Clubs

**DATE: SUNDAY, 19 MARCH 2017**

And timed by FinishTime

START: 56KM : ULUNDI (Ulundi Airport)  
10KM : NONGOMA (Kwagqikazi Stadium)  
5KM : NONGOMA (Kwagqikazi Stadium)

FINISH : NONGOMA (Kwagqikazi Stadium)

REGISTRATION : ZDM OFFICES: ULUNDI & NONGOMA  
FROM 23 JANUARY 2017  
Daily (Monday – Friday) 08h00 – 15h00

KWAGQIKAZI HALL ON 18 MARCH 2017 FROM 10h00 – 21h00  
ULUNDI REGIONAL STADIUM ON 18 MARCH 2017 FROM 10h00 – 21h00

### START TIME

56km 06h00  
10km 07h00  
5km 07h15

### ENTRY FEES

56km R 150.00  
10km R 50.00  
5km R 5.00

TEMPORARY LICENCE FOR 10KM : R 10.00

MEDALS	GOLD	SILVER
56Km	First 10 (M &F) Runners	Following 500 Runners
10Km	First 10 (M &F) Runners	Following 200 Runners
10Km walk	First 3 (M&F)	Following 100 Runners

- T SHIRTS FOR THE FIRST 600 FINISHERS OF THE 56KM
- T SHIRTS FOR THE FIRST 200 FINISHERS OF THE 10KM
- T SHIRTS FOR THE FIRST 56 FINISHERS OF THE 10KM WALK

OnLine Entry site

<https://zululandmarathon2017.myactive.co.za/CaptureDetails/Registration.aspx>



# Zululand



## 56 km ULTRA MARATHON

### ULTRA MARATHON: 56km, 10km run, walk & 5km

Name	<input type="text"/>	56km	<input type="text"/>
		10km run	<input type="text"/>
Surname	<input type="text"/>	10km walk	<input type="text"/>
		5km fun run	<input type="text"/>
Club name	<input type="text"/>		
License No.	<input type="text"/>	Province	<input type="text"/>
S.A. Citizen	YES/NO		
ID No	<input type="text"/>		
Age	<input type="text"/>		
Category	JUNIOR	OPEN	35-39   40-49   50-59   60+
Postal Address	<input type="text"/>		Code <input type="text"/>
Tel No.	<input type="text"/>		
Cell No.	<input type="text"/>		
E-mail	<input type="text"/>		
Total Amount Paid	R <input type="text"/>		

Categories	56km Run	10km Run	10km walk
<b>Open Men &amp; Ladies</b>	1. CAR 2. R 20 000 3. R 10 000 4. R 7000 5. R 6000 6. R 5000 7. R 4000 8. R 3000 9. R 2000 10. R 1000	1. R 4 000 2. R 3000 3. R 2000 4. R1500 5. R1000 6. R 900 7. R 800 8. R 700 9. R 600 10. R500	1. R 1500 2. R 1000 3. R 500
<b>Ages 35 - 39 Men &amp; Ladies</b>	1. R1000 2. R700 3. R 500	1. R 500 2.R 300 3.R 200	
<b>Ages 40 - 49 Men &amp; Ladies</b>	1. R1000 2. R700 3. R500	1.R 500 2.R 300 3.R 200	
<b>Ages 50 - 59 Men &amp; Ladies</b>	1. R1000 2. R700 3. R500	1.R 500 2.R 300 3.R 200	
<b>Ages 60+ Men &amp; Ladies</b>	1. R1000 2. R700 3. R500	1.R 500 2.R 300 3.R 200	
<b>First ZDM Athlete Male affiliated in ZDM Clubs</b>	R10 000	R1000	
<b>First ZDM Athlete Female affiliated in ZDM Clubs</b>	R 10 000	R 1000	
<b>First Male Team</b>	4 x R 1000	4 x R 100	
<b>First Female Team</b>	4 x R 1000	4 x R 100	
<b>JUNIORS</b>		1. R 500 2. R 300 3. R 200	

#### Indemnity for 56km run, 10km walk/run & 5km fun run

I herewith acknowledge that I am medically fit to run/walk the entire distance for which I am entering, and fully understand that I enter at my own risk and the organizers will not be held responsible for any death, injury or illness during or as a result of the race or for any property lost or damage on the course or any area associated with the race.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_