



# GENERAL RULES

- Licenced runners must wear 2023 licence number on the front and back of the vest/crop top with the race number in front.
- No licence numbers permitted on shorts
- Entrants in the 21.1 km must be 16 years and older and in the 10km must be 14 years and older.
- Junior Athletes must be 19 years or younger on 31st December in the year of the competition. Must wear a Junior "J" – ASA/KZNA approved tag to be eligible for a category prize.
- The race is run in accordance to the rules as laid down by WA, ASA and KZNA.
- Category prize winners must be able to produce an ID to claim their prize.
- There is an official cut-off time of 3 and a half hours.
- Temporary licences will be on sale on race day and must be worn on the back of vest and race number in the front.
- ASA/KZNA age category tags must be worn on the back and front of the vest/crop top to be eligible for Category Prizes
- Licenced athletes must wear club colours.
- Temporary licenced athletes must wear plain vests with no advertising on it.
- Temporary licenced athletes are not covered by ASA National Insurance Policy - ASA rule 25.6.15.
- Holders 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
- The race committee reserves the right to accept or reject any entry.
- Lucky draw prizes are not exchangeable for cash
- All foreign athletes must comply with WA Competition Rule 1.7 as well as ASA Rule 9.
- No personal seconding and pacing is permitted.
- Pre and Post hydration is provided.
- Tag bag facilities provided at own risk.
- Walkers to wear "W" - ASA/KZNA approved walker tags on the front/back of the vest/crop top to be eligible for prizes.
- Marshals, Technical Officials and Traffic officials must be obeyed at all times.
- 10km Prize Giving to start at 7h30  
21km Prize Giving to start at 9h00
- There are no refunds.
- Runners who have entered for the 21.1 km and stop at the 10km, will not be eligible for the position or category prizes.
- No Athlete will be allowed past the halfway point after 110 minutes.
- Athletes over 70 years of age pay half the entry fee upon proof of ID.



## FOR ALL ENQUIRIES

FOR ANY ENQUIRIES REGARDING THE RACE KINDLY CONTACT:

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PROUDLY HOSTED BY:



362 VICTORIA ROAD,  
PIETERMARITZBURG



# 19 NOVEMBER 2023

BRANDED T-SHIRTS FOR ENTRANTS 5KM = MEDALS ONLY

GOODIE BAGS GRAND PRIZES MEDALS TO ALL FINISHERS

ENTRY FEE	21.1KM R250	10KM R160	5KM R70
TEMP. LIC	21.1KM R80	10KM R60	5KM R0

Enter online at [www.finishtime.co.za](http://www.finishtime.co.za) or drop off your entry form in the entry box at Save Hyper (362 Victoria road, PMB)

RACE STARTS 21.1KM/10KM 5:00AM

RACE STARTS 5KM FUN RUN 8:30AM

- 2 Lucky draw winners stand a chance to win a trip to the 2024 Two Oceans Marathon tour via a luxury coach (must be race participants)
- 3000 medals on the day – balance to be collected or posted (venue will be advised on race day)
  - Total field will be limited to 4000 participants

Race begins at the Msundusi Athletics Stadium:  
Princess Margaret drive, Pelham

