

# ENTRY FORM 2024



**9TH**  
EDITION

HARRY GWALA DISTRICT

*Marathon*

hosted by



KWAZULU-NATAL ATHLETICS



**START: IBISI POLICE STATION**  
**FINISHING: IXOPO HIGH SCHOOL**

**31 March 2024, Sunday, 6:00 am**


### STARTING TIMES

42,2km - 06:00 am  
21,1km - 06:30 am  
10km - 06:45 am



KWAZULU-NATAL PROVINCE  
SPORT, ARTS AND CULTURE  
REPUBLIC OF SOUTH AFRICA



PERSONAL INFORMATION																											
ID Number			Date of Birth																								
Surname			Year	Month	Day																						
First Name			Gender	Male	Female																						
E-Mail Address																											
Cellphone no.			Passport Number																								
Club name in full			License Number																								
RESIDENCY																											
South African			International																								
If not South African- Indicate Country																											
Province																											
REGISTRATION VENUES																											
UBUHLEBEZWE MUNICIPALITY	HARRY GWALA DISTRICT MUNICIPALITY		UMZIMKULU MUNICIPALITY																								
T-Shirt	The t-shirts will be provided to first 1500 entrants of 42.2, 21.1 & 10km races																										
HISTORY																											
Have you entered before?	Yes	No	Number of races																								
MEDICAL INFORMATION																											
Do you have any allergies?	Yes	No	Please Specify																								
Special medical condition	Yes	No	Please Specify																								
Medical Aid	Yes	No	Name		Number																						
Emergency contact person	Cell Number		Full Name																								
ENTRY FEE																											
5 km Fun	R100.00		70 years + (FREE ENTRY)		DISABILITY (FREE ENTRY) Proof required																						
10km	R250.00																										
21.1km	R300.00																										
42.2km	R350.00																										
<table border="1"> <tr> <td>Temporary licenses: 10km – R70 21.1km – R90</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Late entries from 1 February 2024 will pay R50 more for each race</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td><b>Total</b></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>							Temporary licenses: 10km – R70 21.1km – R90							Late entries from 1 February 2024 will pay R50 more for each race							<b>Total</b>						
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<b>Total</b>																											
																											
DIRECT DEPOSIT			RELEASE AND WAIVER																								
<p>Runners may pay their entry fee by DIRECT DEPOSIT into a Capitec Bank and use your ID number as Reference. HARRY GWALA DISTRICT MARATHON. P.O. BOX 132 IXOPO 3276</p> <p><b>Bank Details:</b> BANK: <b>Capitec</b> BRANCH: <b>Pavilion</b> ACCOUNT NUMBER: <b>1543764345</b> BRANCH CODE: <b>470010</b> Acc. Holder: <b>Eventtiming (KH Bradfield @ 082 5564966)</b> Account Type: <b>Savings</b></p> <p>Please write your ID number on the slip and attach this to the entry form. WhatsApp your slip with your reference endorsed on it to: <b>061 5051416</b> or Fax to <b>086 6513492</b></p>			<p>I am in good health, physically fit and have sufficiently trained to participate in this event. I agree to comply with the rules, conditions of entry and regulations for this event which includes the payment of the entry fee. I hereby release and discharge the organizer of the Harry Gwala District Marathon, all staff, consultants, sponsors, volunteer groups, medical personnel, any and all local authorities, from any loss or damage, however caused, arising from my participation in the event, including pre-race and post-race activities.</p> <p>This waiver applies to my executors, heirs, administrators, assigns and myself. I grant permission to the organizers and sponsors, in terms of section 51 of the Electronic Communications Transactions Act 25 of 2002, to use my name, race information and any photographs, video tape, broadcast and/or telecast footage in which I may appear, for whatever use, at no charge.</p>																								
			<b>SIGNATURE:</b>																								

## Race Rules and General Information

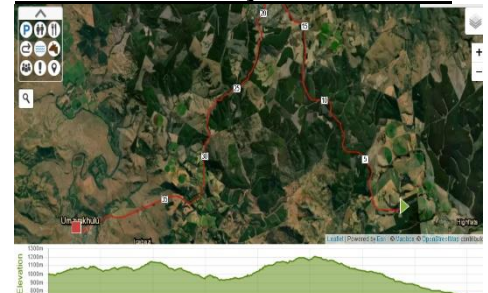
1. The race is run strictly in accordance the rules of WA, ASA and KZN Athletics. Athletes MUST familiarize themselves with these rules.
2. Foreign athletes must comply with WA Rules CR 1.7, TR 4.1, and TR 4.2 together with ASA Rule 9.
3. All participants must be 20 years and older for 42.2km, 16 years and older for the 21.1km, 14 years and older for the 10km and 9 years and older for 5km.
4. All participants must wear the following:
  - a. Their correct club Colours
  - b. Race number on front of vest or crop top
  - c. 2024 Provincial license number on front and back of vest or crop top
5. ASA 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 Walker tags.
7. Refreshments 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 11h00am
10. Cut-off time for 42.2km run is 12h00.
11. Proof of age will be required.
12. A junior athlete must be 19 years and younger on 31<sup>st</sup> December in the year of the competition.
13. Athletes MUST obey race officials, Marshals, and Traffic officials.
14. Pacing will not be allowed.
15. Athletes MUST make their own arrangements to Start and Finish.
16. Temporary License holders MUST wear plain color with NO advertising.
17. Temporary licensed athletes are not covered by a National Insurance Policy, ASA Rule 25.6.15.
18. Holder 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.
19. All Prizes will be held by the Organizer pending receipt of Anti-Doping results from ASA.
20. If you're not in the prize giving on the day of the event, you forfeit your prize.
21. Sleeping Accommodation will be provided to those athletes who will require them, and they must bring their own blankets.
22. Meals will be provided to all athletes who have completed the race.
23. Goodie Bags and Race Packs must be collected on the 30<sup>th</sup> of March 2024 at Peace Initiative Hall in Ixopo Town starting from 10am – 20:00pm

The Organizing Club and Sponsors will not be held responsible for any injury/illness occurring during, or as a result of the race or for any loss of property or damage on the course or in the changing area. All athletes must be medically fit and take part entirely at their own risk.

## Previous Marathon Winners

<b>MEN</b>		
Year	Name	Time
2015	Lungile Gongqa	2:19:33
2016	Realeboha Lenanya	2:29:32
2017	Charles Soza	2:22:41
2018	Ntsindiso Mphakathi	2:29:07
2019	Thobani Chagwe	2:19:38
2020	Ndumiso Sokhela	2:19:52
2021	-	-
2022	Ayanda Ngcobo	2:18:08
2023	Jobo Khatoane	2:16:47
<b>WOMEN</b>		
Year	Name	Time
2015	Lineo Chaka	2:49:26
2016	Lizih Chokore	3:16:11
2017	Lizih Chokore	2:59:56
2018	Loveness Madziva	3:10:01
2019	Mamorallo Tjoka	2:45:04
2020	Loveness Madziva	2:43:24
2021	-	-
2022	Chepkosgei Koech	2:58:25
2023	Zinhle Shabalala	2:46:13

## Route Profile: Harry Gwala Marathon



**AWARDS & INFORMATION**  
**General Awards**

Medals will be awarded to all official finishers who complete the full distance within 6-hour cut-off.

**42.2km**  
**Medals**

**Gold First 10 Men and Women**  
**Prize Money (42.2km Only)**

<b>Position</b>	<b>Open</b>
Position 1	R55 000
Position 2	R30 000
Position 3	R20 000
Position 4	R10 000
Position 5	R9 000
Position 6	R8 000
Position 7	R7 000
Position 8	R 6 000
Position 9	R 5 000
Position 10	R 4 000

**Age Category Prizes (42.2km) Men and Women**

35 -39 years	Position 1 R1000 Position 2 R800 Position 3 R500
40 -49 years	Position 1 R1000 Position 2 R800 Position 3 R500
50 - 59 years	Position 1 R1000 Position 2 R800 Position 3 R500
60 - 69years	Position 1 R1000 Position 2 R800 Position 3 R500
70 years +	Position 1 R1000 Position 2 R800 Position 3 R500
<b>Special Category (Disability Men &amp; Women)</b>	
	Position 1 R500

**Harry Gwala District Athletes**

The top three Harry Gwala District athletes (Males and Females) affiliated with Harry Gwala District Clubs to complete one of the events will each receive the below incentives:

<b>Pos.</b>	<b>42.2km</b>	<b>21.1km</b>	<b>10km</b>
<b>1.</b>	R 5000	R 3000	R 2000
<b>2.</b>	R 3000	R 2000	R 1500
<b>3.</b>	R 2000	R 1500	R 1000

**21.1km**  
**Medals**

**Gold First 10 Men and Women**

**Prize Money (21.1km only)**

Position 1	R10 000
Position 2	R 7000
Position 3	R6000
Position 4	R5000
Position 5	R4500
Position 6	R4000
Position 7	R3500
Position 8	R3000
Position 9	R2500
Position 10	R2000

**Age Category Prizes (21.1km) Men and Women**

Juniors	Position 1 R500 Position 2 R300 Position 3 R200
35 -39 years	Position 1 R500 Position 2 R300
40 -49 years	Position 1 R500 Position 2 R300
50 - 59 years	Position 1 R500 Position 2 R300
60 – 69 years	Position 1 R500 Position 2 R300
70 years +	Position 1 R500 Position 2 R300

**RACE WALK – 10km Only**  
**Men and Women**

<b>Position</b>	<b>Open</b>
<b>Position 1</b>	<b>R 2500</b>
<b>Position 2</b>	<b>R 1400</b>
<b>Position 3</b>	<b>R 1200</b>
<b>Position 4</b>	<b>R 1100</b>
<b>Position 5</b>	<b>R 1000</b>
<b>Position 6</b>	<b>R 900</b>
<b>Position 7</b>	<b>R 800</b>
<b>Position 8</b>	<b>R 700</b>
<b>Position 9</b>	<b>R 600</b>
<b>Position 10</b>	<b>R 500</b>

**10km**

**Prize Money (10 Km Only)**

<b>Position</b>	<b>Open</b>
Position 1	R5 000
Position 2	R3 000
Position 3	R2 000
Position 4	R 1800
Position 5	R 1600
Position 6	R 1500
Position 7	R 1400
Position 8	R 1300
Position 9	R 1200
Position 10	R 1000

**Age Category Prizes (10km) Men and Women**

Juniors	Position 1 R500 Position 2 R300 Position 3 R200
35 -39 years	Position 1 R500 Position 2 R300
40 -49 years	Position 1 R500 Position 2 R300
50 - 59 years	Position 1 R500 Position 2 R300
60 – 69 years	Position 1 R500 Position 2 R300
70 years +	Position 1 R500 Position 2 R300

**Note:** All prizes including prize money, trophies, and/or special medals will only be issued once drug test results have been received and subject to clearance. All prize money is subject to South African tax laws; this may take up to three (3) months to process.

**AGE CATEGORIES**

An athlete is not eligible for a prize in more than one age category, i.e. an athlete is only eligible for a prize in the age category applicable to him/her or the younger category chosen by him/her down to senior level provided he/she is wearing the relevant age category tag. An athlete, male or female, who finishes the race in first to tenth position, may, however, win his/her position prize as well as any applicable age category prize. Unless you specifically request in writing to HARRY GWALA DISTRICT MARATHON organizers to change your age category to a lower age category, you will be entered in the age category of your chronological age. Appropriate numerical age category tags must be worn on the front and back of the upper body garment. An athlete must provide positive identification to verify proof of age

**FURTHER ENQUIRIES:**

HARRY GWALA DISTRICT  
MARATHON  
P.O. Box 132  
IXOPO  
3276  
Telephone: 039 834 8700  
Cellphone: 067 9814537 / 068 2177108  
[Email: thembaisaacq@gmail.co.za](mailto:thembaisaacq@gmail.co.za)