

uMhlathuze Athletic Club



TRONOX



uMhlathuze Crocs

MARATHON

SUNDAY 24 March 2024

| | |
|--|------|
| Marathon (42.2km) | R350 |
| Half Marathon (21.1km) | R250 |
| 10km Race (No late fee) | R160 |
| 5km Family Fun Run (entries on the day) | R 50 |
| Late entry fee for 42km & 21km (18-23 March) | R50 |

- Unlicensed athletes for the 21.1km and 10km races will need to purchase a temporary licence to participate. R50 -10km and R80 - 21.1km
- No temporary licenses will be allowed for the 42.2km
- **No entries except 5km will be taken on day of the event**

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

Start Times

| | | | |
|--------------|-------|-------------|-------|
| 42.2km ----- | 06:00 | 21.1km----- | 06:30 |
| 10km----- | 07:00 | 5km----- | 08:00 |

- ★ Medals to all finishers
- ★ T-shirts to the first 300 entries who entered before 05/03/2024*
- 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: Skhumbuzo Ngcobo - 0732382403 Nitsa Kanarachos – 0733084882;
 Bruce Grierson - 0845821877
<http://www.umhlathuze-ac.co.za/marathon>
info@umhlathuze-ac.co.za



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HOW TO ENTER

- Online: <http://www.umhlathuze-ac.co.za/marathon>
- Online: www.eventtiming.info / info@eventtiming.info

RACE RULES

1. This race is run subject to KZNA and ASA and WA 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 2024 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. Foreign athletes must adhere to WA Rules CR 1.7, TR 4.1, TR 4.2 and ASA Rule 9 and 24
8. Temporary licenced runners are to wear plain clothing without advertising with the number pinned to the back of the vest with the race number on the front. Temporary licenced athletes are not covered by a national medical insurance policy, ASA Rule 25.6.15
9. Pacing and personal seconding is not allowed.
10. Race officials, traffic officials and marshals must be obeyed at all times.
11. Cut off times:
 - 21.1km – 4hrs
 - 42.2km – 6hrs
12. Prize giving will take place at 11h00.
13. Results will be available on www.umhlathuze-ac.co.za and at www.eventtiming.info



OLDMUTUAL

Coca-Cola

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PRIZES

| | 42.2km RUN Male/Female | 21.1km RUN Male/Female | 10km Run Male/Female |
|----------------------|-----------------------------------|-----------------------------------|---------------------------------|
| Open 1 st | 4000 | 2000 | 1000 |
| Open 2 nd | 2000 | 1000 | 750 |
| Open 3 rd | 1000 | 750 | 500 |

| Age Category | | | |
|-------------------------|-----|-----|-----|
| 35-39 | 400 | 300 | |
| 40-49 | 400 | 300 | |
| 50-59 | 400 | 300 | |
| 60+ | 400 | 300 | |
| Juniors 1 st | | | 300 |

