

Volksrust Marathon Club

42.2km, 32 km, 21.1km, 10km and 4km Race



DATE : Saturday 28 January 2017
TIME : Start 06:00 for Runners and Walkers
Cut off 11:00
VENUE : Start and Finish at VOLKSRUST HIGH SCHOOL
ROUTE : Out and back, undulating course, tarred road, water points every 2km,
42.2km race will include 5km gravel road

Pre-entry only!

Comrades Qualifier. Walkers welcome, as long as they finish at 11:00

All finishers receive a medal.

Prize giving and lucky draw prizes at 11:00

Runners – Gold Medals to first 5 men and ladies in each race. Silver medals to positions 6-15 and bronze medals to all finishers within **5 hour cut-off**. Prize money to the first 3 male and female finishers. No category prizes.

Refreshments:

School tuck shop will be open.

For further information:

Alwyn Strydom: 081 401 2361

Jopie Jordan

: 083 760 2629

Reiner Stucky : 082 735 1104 or 034 328 1010

Liesel Gadd : 082 903 0377

Sanet Thysse : 034 328 1013

* Race run according to rules and regulations of ASA. The organizers accept no responsibility for any loss, damage or injury suffered by participants

For more information visit our web site at: <http://www.volksrust.com/marathon>

PRE-ENTRY ONLY!!

ENTER AT <http://www.volksrust.com/marathon>

Volksrust Race Entry Fees

Distance	Starting Time	Entry fee
42.2km	06:00	R150
32km	06:00	R120
21.1km	06:00	R100
10km	06:00	R60
4km Fun Run	06:00	R20

Temporary Licenses: R30
Grand Masters: Free

Volksrust Race Prize Money

<u>Runners:</u>	<u>Men And Ladies</u>	<u>42.2km</u>	<u>32km</u>	<u>21.1km</u>	<u>10km</u>
	1 st	R400.00	R350.00	R300.00	R250.00
	2 nd	R350.00	R300.00	R250.00	R200.00
	3 rd	R300.00	R250.00	R200.00	R150.00

Medals to all Finishers
No category prizes

Referees Decision is Final

Obey all traffic officials and race marshals.

The race will be run according to the rules of the IAAF and ASA

No seconding will be allowed

Ages: Athletes for 10km must be 15 years or older on race day.

Athletes for 21.1km must be 16 years or older on race day.

Athletes for 42.2km must be 20 years or older on race day.

Proof of age (ID) to be produced upon request on race day.

All athletes will participate at their own risk

Registered athletes must wear full club colours

2016/2017 license numbers must be worn on the front and back of the vest

Temp license at the front of the vest

Remember to fill in the temp license

Age category ID tags must be worn (front and back) by athletes competing for a category prize

AND the tag must be fixed on all 4 corners

Walkers must have a fixed W on the vest to qualify for any prizes

12% levy of entry fee must be paid over to Athletics Mpumalanga by race organizer

No Ipods allowed during the race