

Shalom Marathon Club



Our Health is Our Wealth

Shalom Half Marathon On 17 August 2019

7AM @A J Swanepoel Stadium Ermelo

21.1 Km
@R-100

10 Km
@R-60

Fun Run
@R-30

Temp Lic.
@ R-40

GPS Coordinates:- 26.5178° S, 29.9982° E

Contact for More Information:-

Mr.M.N.Nhlabati 082 404 4213

Mr.B.D.Shongwe 082 209 1900

Mr. B. Mlangeni 074 370 3540

Race Rules

- Prize winners must be present to receive prize money.
- Obey all traffic officials and marshals.
- The race will be run according to Athletics Mpumalanga House rules, ASA and IAAF.
- Athletes for 10 Km must be 14 years or older on race day.
- Athletes for 21.1 Km must be 16 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.
- 2019 Licence numbers on front and back of the vest or temp Licence on front of vest.
- Remember to complete Temp Licence tear off slip and hand it over to organizer.
- Category tags must be clearly displayed on the front and back of the vest.
- Medals to all finishers under 3 Hours. Fun Run starts at 07:15.
- Shalom Marathon Club will not be held responsible for any injuries occurred during the race.
- **No music device, headphones or earphones to run with during the race.**
- **REFEREES DECISION IS FINAL.**

Positions & Distance		Open		Veteran(40+)		Masters(50+)		Grand Masters(60+)		Great Grand Masters(70+)		Juniors	
		M	F	M	F	M	F	M	F	M	F	M	F
21KM	1	500	500	250	250	200	200	150	150	100	100	300	300
	2	300	300									200	200
	3	200	200									100	100
10KM	1	300	300	150	150	100	100	100	100	100	100	200	200
	2	200	200									150	150
	3	100	100									100	100

Note:- Registration starts on 16/08/2019 from 16:00 to 17:30 and on 17/08/2018 from 05:00 to 07:00