

IZIMBIWA COAL



5 IN 1 RACE
21 January 2017



Qualifier



STARTING TIMES

06:00 - 42.2 & 32 km
06:10 - 21.1, 15, 10 km
06:20 - 4.9 km

VENUE

Izimbimbiwa Central Office, Middelburg

Co-ordinates: S25:48:56 / E29:25:48

Enquiries: Middelburg Marathon Club

Tel no: 072 593 7346
admin@midmk.co.za

Entries: From 05:00 on race day

Pre-entries: www.entrytime.com

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

Obey All Traffic Officials and Race Marshals
No seconding will be allowed.

Ages: Athletes for 10 km must be 14 years or older,
15 km must be 15 yrs or older, 21 km must be 16 yrs,
42.2 km must be 20 years or older on the day of the race.

All athletes will participate at their own risk.

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

Registered athletes must wear full club colours.

Licence numbers must be worn on
the front and back of the vest.

Temp licence at the front.

Age category ID tags / walkers tags must be worn
back and front by athletes competing for
category prizes, and must be fixed on 4 corners

Directions: From the N4 take the Van Dyks Drift /
Middelburg turnoff towards Middelburg (R575), then turn
right at the first road(Kruger Dam). Drive until you find
Izimbiwa Offices on the right hand side



Available for sale: Coffee, Cold Drinks, Hotdogs, Wors Rolls

Entry Fees:

4.9 km - R 30
10 km - R 50
15 km - R 60
21.1 km - R 80
32 km - R 90
42.2 km - R 100

Grand Master - Free

Temporary Licence - R25

Medals

Bronze
Silver: Sub 40min / Bronze
Silver: Sub 60min / Bronze
Silver: Sub 1:24 / Bronze
Silver: Sub 2:04 / Bronze
Silver: Sub 3:00 / Bronze

Medals to all Finishers

| PRIZE MONEY | | | | | | | | | | | | | | | | | | |
|-------------|------|---------|------------|---------|------------|---------|----------|--------|----------|-----------|----------|---------|--------|----------------|--------|--------|--|--|
| RUNNERS | | Juniors | (under 20) | Seniors | (20-39yrs) | Veteran | 40-49yrs | Master | 50-59yrs | Gr Master | 60-69yrs | Walkers | | Fun Run 4.9 km | | Totals | | |
| | | Male | Female | Male | Female | Male | Female | Male | Female | Male | Female | Male | Female | Male | Female | | | |
| 42.2 km | 1 st | | | 400 | 400 | 350 | 350 | 350 | 350 | 350 | 350 | | | | | 2900 | | |
| | 2 nd | | | 350 | 350 | 300 | 300 | 300 | 300 | 300 | 300 | | | | | 2500 | | |
| | 3 rd | | | 300 | 300 | 250 | 250 | 250 | 250 | 250 | 250 | | | | | 2100 | | |
| 32 km | 1 st | | | 350 | 350 | 300 | 300 | 300 | 300 | 300 | 300 | | | | | 2500 | | |
| | 2 nd | | | 250 | 250 | 200 | 200 | 200 | 200 | 300 | 200 | | | | | 1800 | | |
| | 3 rd | | | 200 | 200 | 150 | 150 | 150 | 150 | 150 | 150 | | | | | 1300 | | |
| 21.1 km | 1 st | 250 | 250 | 350 | 350 | 300 | 300 | 300 | 300 | 300 | 300 | 350 | 350 | | | 3700 | | |
| | 2 nd | 200 | 200 | 250 | 250 | 250 | 250 | 250 | 250 | 250 | 250 | 300 | 300 | | | 3000 | | |
| | 3 rd | 180 | 180 | 200 | 200 | 180 | 180 | 180 | 180 | 180 | 180 | 250 | 250 | | | 2340 | | |
| 15 km | 1 st | 180 | 180 | 250 | 250 | 230 | 230 | 230 | 230 | 230 | 230 | | | | | 2240 | | |
| | 2 nd | 150 | 150 | 180 | 180 | 180 | 180 | 180 | 180 | 180 | 180 | | | | | 1740 | | |
| | 3 rd | 130 | 130 | 150 | 150 | 130 | 130 | 130 | 130 | 130 | 130 | | | | | 1340 | | |
| 10 km | 1 st | 130 | 130 | 230 | 230 | 200 | 200 | 200 | 200 | 200 | 200 | 230 | 230 | | | 2380 | | |
| | 2 nd | 100 | 100 | 160 | 160 | 130 | 130 | 130 | 130 | 130 | 130 | 180 | 180 | | | 1660 | | |
| | 3 rd | 80 | 80 | 130 | 130 | 80 | 80 | 80 | 80 | 80 | 80 | 130 | 130 | | | 1160 | | |
| 4.9 km | 1 st | | | | | | | | | | | | | 150 | 150 | 300 | | |
| | | | | | | | | | | | | | | | | 32960 | | |

