

25TH PWC KOSMOS 3 IN 1

Presented by Secunda Marathon Club



SATURDAY 11 MARCH 2017

START & FINISH, LAKE UMUZI, SECUNDA

73.3KM, 42.2KM COMRADES QUALIFIER, 21.1KM, 10KM, 4.5KM FUN RUN

3 IN 1 - 73.3KM & 42.2KM CAN ONLY BE ENTERED ONLINE

www.kosmos3in1.co.za

Entries for the 3-in-1 (73.3km) and 42.2km
race close on 1 March 2017!!!



Race	Registration/Entry	Entry Fee	Start Time	Cut-off Time	Minimum age on race day
3-in-1 (73.3km)	Registration Friday: 17:00-21:00 Saturday: 4:30 to 5:45	R350 + R40 for timing chip if required			
42.2km Comrades Qualifier	Registration Friday: 17:00-21:00 Saturday: 4:30 to 5:45	R170	6:00	12:00	20 Years
21.1km	Entries 11:30 -12:45	R120	13:00	16:30	16 Years
10km	Entries 15:30 -16:45	R60	17:00	19:00	14 Years
4.5km Fun Run	Entries 11:30 -13:00	R30	13:15	No Cut-Off	All ages

Temporary Licence number = R30 (Required for 42,2km, 21,1km and 10km if you do not have an ASA licence)

Free race entries for 15 or more 3-in-1s completed - Please contact race office for discount code

PLEASE NOTE:

- All 3-in-1 (73.3km) entries before 8 February 2017 will qualify for a race t-shirt and goodie bag.
- 3-in-1 (73.3km) athletes may use their timing tags from 2016 or purchase a new one upon entering the race. Timing tags for athletes doing only individual races and not the 3-in-1 (73.3km) are used on a loan basis and must be returned at the end of the race. These timing chips remain the property of Protime. 3-in-1 (73.3km) athletes who buy a timing tag should keep the tag for future races.
- Runners will receive confirmation of entry via e-mail. Bring your entry confirmation, ID and proof of payment for registration.
- If you do not receive a confirmation e-mail within 24 hours after entering contact entry@protime.co.za or phone 072 544 0554
- 50% discount on Grand Masters entry fee. Discount is not applicable to temporary licence fees.
- No refunds for any reason will be given including race cancellation due to inclement weather.
- NO CHILDREN ALLOWED WITHOUT ADULT SUPERVISION.
- Food stalls located in the parking area behind Makoro function hall
- Athletes completing their 10th, 15th or 20th race will receive a commemorative jacket.
- For accommodation reservations and camp sites please contact: 017 631 3506 or 087 233 5082

For more information contact race office on 076 593 8377



RACE RULES

- 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.
- All athletes will participate at own risk.
- Proof of age (ID) to be produced upon request on day of race. No category prizes will be handed over without a valid ID.
- Registered athletes must wear full club colours.
- 2017 licence numbers must be worn on the front and the back of the vest, even if the race number covers it.
- Temporary licences must be worn on the front of the vest.
- Age category tags must be worn (back and front) by athletes competing for a category prize and must be fixed on vest by all four corners.
- The use of I-pods/earphones during the race is prohibited and will lead to Disqualification.
- No dogs will be allowed to accompany athletes on the course.

PRIZE MONEY MALE AND FEMALE

Place	Category	Prize Money
1st	3in1 (73.3km)	R 1 600
2nd	3in1 (73.3km)	R 1 100
3rd	3in1 (73.3km)	R 900
1st	Open - 42.2km	R750
2nd	Open - 42.2km	R550
3rd	Open - 42.2km	R350
1st	40+ - 42.2km	R550
2nd	40+ - 42.2km	R350
3rd	40+ - 42.2km	R150
1st	50+ - 42.2km	R350
2nd	50+ - 42.2km	R250
3rd	50+ - 42.2km	R200
1st	60+ - 42.2km	R250

Place	Category	Prize Money
1st	Open - 21.1km	R550
2nd	Open - 21.1km	R300
3rd	Open - 21.1km	R150
1st	40+ - 21.1km	R300
2nd	40+ - 21.1km	R150
1st	50+ - 21.1km	R200
2nd	50+ - 21.1km	R150
1st	60+ - 21.1km	R250
1st	Junior - 21.1km	R200
2nd	Junior - 21.1km	R150

Place	Category	Prize Money
1st	Open - 10km	R300
2nd	Open - 10km	R200
3rd	Open - 10km	R150
1st	40+ - 10km	R250
2nd	40+ - 10km	R150
1st	50+ - 10km	R200
2nd	50+ - 10km	R150
1st	60+ - 10km	R150
1st	Junior - 10km	R200
2nd	Junior - 10km	R150
3rd	Junior - 10km	R100

NO TAG NO TIME NO RESULT

Course Records	3-in-1	42,2km	21,1km	10km
Men	04:13:29 (2007)	02:17:22 (2011)	01:04:06 (2012)	00:30:27 (2016)
Women	05:10:12 (2009)	02:50:29 (2013)	01:21:34 (2009)	00:37:35 (2016)
Course Record Prize Money	R2 600	R1 100	R600	R350