

## 5 IN 1 RACE 02 February 2019



### STARTING TIMES

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

### VENUE

**Izimbiwa Central Office, Middelburg**  
(Old Shanduka Central Office)

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

**Enquiries: Middelburg Marathon Club**

Tel no: 072 593 7346  
[admin@midmk.co.za](mailto:admin@midmk.co.za)

**Entries: From 05:00 on race day**  
**On-line entries: [www.championchip.co.za](http://www.championchip.co.za)**  
**(Chip to be on Shoe - NO CHIP, NO TIME)**  
**(On-line entries does not apply for the 4.9km)**

*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.  
2019 License numbers **must** be worn on the front and back of the vest.

Race numbers to be worn in front  
Temp license at the back

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

**Food, Coffee &  
Drinks Supplied**  
**By:**  
**Pienardam**  
**079 882 5207**

**Entry Fees:**

4.9 km - R 30  
10 km - R 70  
15 km - R 90  
21.1 km - R 120  
32 km - R 140  
42.2 km - R 160

Grand Master - Free

Temporary License - R40

**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**

IZIMBIWA COAL 5 IN 1				2019										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														
		Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
42.2 km	1 st			2500	2500	1500	1500	500	500	500	500																		10000
	2 nd			1500	1500	1000	1000	400	400	400	400																		6600
	3 rd			500	500	500	500	350	350	350	350																		3400
32 km	1 st			400	400	350	350	350	350	350	350																		2900
	2 nd			300	300	250	250	250	250	250	250																		2100
	3 rd			250	250	200	200	200	200	200	200																		1700
21.1 km	1 st	300	300	400	400	350	350	350	350	350	350	400	400																4300
	2 nd	250	250	300	300	300	300	300	300	300	300	350	350																3600
	3 rd	230	230	250	250	230	230	230	230	230	230	300	300																2940
15 km	1 st	230	230	300	300	280	280	280	280	280	280																		2740
	2 nd	200	200	230	230	230	230	230	230	230	230																		2240
	3 rd	180	180	200	200	180	180	180	180	180	180																		1840
10 km	1 st	180	180	280	280	250	250	250	250	250	250	280	280																2980
	2 nd	150	150	210	210	180	180	180	180	180	180	180	180																2160
	3 rd	130	130	180	180	130	130	130	130	130	130	180	180																1760
4.9 km	1 st																												51260



**Referees DECISION IS FINAL**

I declare that I run at my own risk and indemnify the organizers/sponsors of any responsibility for injuries or loss. Athletes, entering for this event, and use medication to treat an illness or condition which fall under the PROHIBITED LIST, should complete a THERAPEUTIC USE EXEMPTION (TUE) form before entering and obtain authorization from SAIDS to take the needed medicine or method.