

# **Volksrust Marathon Club**

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



**DATE** : Saturday 26 January 2019  
**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!**

**Entries Close on Saturday 19 January 2019 !!!!**

<https://www.quicket.co.za/events/63993-volksrust-marathon-2019/#/>

**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:**

Jopie Jordan : 083 760 2629  
Reiner Stucky : 082 735 1104 or 034 328 1010  
Linda Duvenage: 083 733 4621  
Siyabonga Msimango : 073 481 8528  
Sanet Thyse : 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

## **PRE-ENTRY ONLY!!**

ENTER AT <https://www.quicket.co.za/events/63993-volksrust-marathon-2019/#/>

**Entries close on 19 January 2019**

### **Volksrust Race Entry Fees**

<b>Distance</b>	<b>Starting Time</b>	<b>Entry fee</b>
<b>42.2km</b>	<b>06:00</b>	<b>R200</b>
<b>32km</b>	<b>06:00</b>	<b>R150</b>
<b>21.1km</b>	<b>06:00</b>	<b>R120</b>
<b>10km</b>	<b>06:00</b>	<b>R60</b>
<b>4km Fun Run</b>	<b>06:00</b>	<b>R20</b>

**Temporary Licenses: R30**  
**Grand Masters (60 +) : Free**

### **Volksrust Race Prize Money**

<b><u>Runners:</u></b>	<b><u>Men And Ladies</u></b>	<b><u>42.2km</u></b>	<b><u>32km</u></b>	<b><u>21.1km</u></b>	<b><u>10km</u></b>
	<b>1<sup>st</sup></b>	<b>R600.00</b>	<b>R500.00</b>	<b>R450.00</b>	<b>R400.00</b>
	<b>2<sup>nd</sup></b>	<b>R500.00</b>	<b>R450.00</b>	<b>R400.00</b>	<b>R350.00</b>
	<b>3<sup>rd</sup></b>	<b>R450.00</b>	<b>R400.00</b>	<b>R350.00</b>	<b>R300.00</b>

**Medals to all Finishers**  
**No category prizes**

### **Referees Decision is Final**

Obey all traffic officials and race marshalls.

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 14 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

2017/2018 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

