



Organisers:

Gert Sibande District Municipality

Athletics Mpumalanga

JDA DESIGNS
DESIGNED WITH JOY
(072)6372518 / (079)0933798

Race Contact Persons:

James Nkosi 074 842 8758

Melody Du Toit: 082 926 6200



Gert Sibande District Municipality



Marathon 2019

DATE : 30 MARCH 2019

TIME: 06:00

VENUE: GSDM OFFICE

Race Distances:

42.2 KMs, 21.1KMs & 10KMs

Entry Fee

42.2KMs: R60.00

21.1KMs: R30.00

10KMs: R20.00

Temporary Licenses: R30

Contact:

James Nkosi 074 8428 758

Melody Du Toit 082 9266 200



Race Rules and General Information



1. Referees DECISION IS FINAL.
2. Obey All Traffic officials and Race marshals.
3. The race will be run according to the rules of the IAAF and ASA.
4. No seconding will be allowed.
5. Ages: Athletes for 10km must be 14 years or older on the day of the race.
Athletes for 21.1km must be 16 years or older on the day of the race.
Athletes for 42.2km must be 20 years or older on the day of the race.
6. All athletes will participate at their own risk.
7. Proof of age (ID) to be produced upon request on day of race.
8. Registered athletes must wear full club colours.
9. Valid 2019 license numbers on the front and back of the vest.
10. Temp licence at the front on the vest. Fill is tear off slip
11. Age category ID tags must be worn (back and front) by athletes competing for a category prize AND must be fixed on vest all 4 corners.
12. No I-pods/ earphone-walkmans allowed during the race.
13. No littering on the road #Run-Clean
13. ALL RUNNERS MUST RUN ON THE RIGHT SIDE OF THE ROAD

NOTE. First Gert Sibande Runner belonging to any Gert Sibande Club in the top ten will receive R1500.00 in 42,2km and R750.00 in 21,1km for both males and females. Clubs must wear their club colors and their permanent numbers.

I declare that I run at my own risk and indemnify the organizers/sponsors of any responsibility for injuries or loss.

MEDALS & PRIZES

Position	42.2 KM OPEN	21.1KM OPEN	21.1 KM JUNIORS	10KM OPEN	10KM JUNIORS	10KM 40-49
1	R10 000. 00	R5 000. 00	R1 900.00	R1 300.00	R800-00	1. R900-00
2	R5 000. 00	R2 500. 00	R900.00	R900.00	R700-00	2. R400-00
3	R3 000. 00	R2 000. 00	R800.00	R800.00	R600-00	50-59
4	R2 500. 00	R1 400. 00	R750.00	R600.00	R500-00	1. R900-00
5	R2 000. 00	R1 000. 00	R700.00	R500.00	R400-00	2. R400-00
6	R1 000. 00	R800. 00	R600.00	R400.00	R300-00	60+
7	R900. 00	R600. 00	R500.00	R300.00	R250-00	1. R900-00
8	R800. 00	R400. 00	R400.00	R200.00	R200-00	2. R400-00
9	R700. 00	R350. 00	R250.00	R150.00	R150-00	70+
10	R600. 00	R300. 00	R200.00	R100.00	R100-00	R900.00 R400.00
	42.2 KMs	21.1KMs	42.2KMs	21.1KMs	42.2KMs	21.1KMs
	40-49	40-49	50-59	50-59	60+	60+
1	R 2 000. 00	R 1 500. 00	R 2 000. 00	R 1 500. 00	R 2 000. 00	R 1 500. 00
2	R 1 000. 00	R 900. 00	R 1 000. 00	R 900. 00	R 1 000. 00	R 900. 00