

## 5 IN 1 RACE 01 February 2020



### STARTING TIMES

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

Online entries:  
Open 15 November 2019  
Close 29 January 2020  
Late entries on the day

### 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  
Piet Swanepoel: 082 871 6741  
Charmaine vd Merwe: 060 771 1476  
admin@midmk.co.za

Entries: From 05:00 on race day  
On-line entries: [www.championchip.co.za](http://www.championchip.co.za)  
(Timing is with UltimateLive)  
(On-line entries does not apply for the 4.9km)

#### REFEREE'S DECISION IS FINAL

Obey all Traffic Officials and Race Marshals.  
The race will be run according to the rules of AMPU and ASA.

No seconding will be allowed.

Ages: Athletes for 10km must be 14 years or older on the day of the race.

Athletes for 15km must be 15 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 32km must be 19 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.

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

All athletes will participate at their own risk.

Registered athletes must wear full club colours.  
2020 Licence numbers on the front and back of vest.

Race number to be worn on the front and Temporary Licence on the back of vest.

Age category ID tags must be

clearly displayed for the duration of the event (back and front) by athletes competing for a category prize.

ASA licences sponsors name must be visible at all times and must not be covered by race numbers.

(This will lead to Disqualification)

Walkers welcome - "W" tags must be worn on front and back of vest.

No earphones allowed during the race.

## Food, Coffee & Drinks Supplied

By:  
**Pienaardam**  
079 882 5207

Free: Coffee & Rusks at start

Entry Fees:	Medals
4.9 km - R 30	Bronze
10 km - R 60	Silver: Sub 40min / Bronze
15 km - R 80	Silver: Sub 60min / Bronze
21.1 km - R 120	Silver: Sub 1:24 / Bronze
32 km - R 140	Silver: Sub 2:04 / Bronze
42.2 km - R 160	Silver: Sub 3:00 / Bronze
Grand Master - Free	<b>Medals to all Finishers</b>
Temporary Licence - R40	
T-Shirts - 1st 100 online entries - 21.1, 32, & 42.2km	
Option to buy T-Shirt at R220.00 until 8 January 2020	

**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

GLENCLORE / IZIMBIWA COAL 5 IN 1				2020 Prize Money											
DIST		Juniors (under 20)		Open (20-39yrs)		40-49yrs		50-59yrs		60-69yrs		Walkers		Totals	
		Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female		
42.2 km	1 st			2650	2650	1590	1590	530	530	530	530			10600	
	2 nd			1590	1590	1060	1060	420	420	420	420			6980	
	3 rd			530	530	530	530	370	370	370	370			3600	
32 km	1 st			420	420	370	370	370	370	370	370			3060	
	2 nd			370	370	260	260	260	260	260	260			2300	
	3 rd			260	260	210	210	210	210	210	210			1780	
21.1 km	1 st	370	370	420	420	370	370	370	370	370	370	420	420	4640	
	2 nd	260	260	320	320	320	320	320	320	320	320	370	370	3820	
	3 rd	240	240	260	260	240	240	240	240	240	240	320	320	3080	
15 km	1 st	240	240	320	320	300	300	300	300	300	300			2920	
	2 nd	210	210	240	240	240	240	240	240	240	240			2340	
	3 rd	190	190	210	210	190	190	190	190	190	190			1940	
10 km	1 st	190	190	300	300	260	260	260	260	260	260	300	300	3140	
	2 nd	160	160	220	220	190	190	190	190	190	190	190	190	2280	
	3 rd	120	120	190	190	140	140	140	140	140	140	140	140	1780	
TOTALS														54260	

