



VOLKSRUST MARATHON CLUB

42.2km , 32km, 21.1km , 10km race and 4km Fun Run

DATE : Saturday 25 January 2020
TIME : Starts 6:00 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 Wednesday 22 January 2020!!!

www.volkstrust.com

Comrades Qualifier. / Walkers welcome, as long as they finish at 11:00
Prize giving at 11:00

Runners- Gold medals to the first 5 men and ladies in each race. Silver medals to position 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

Volkstrust Race entry fees

Distance	Starting Time:	Entry fee
42.2km	06:00	R200-00
32.0km	06:00	R150-00
21.1km	06:00	R120-00
10.0km	06:00	R 60-00
4.0km fun run	06:00	R 20-00

Volkstrust Race Prize Money – Runners only

Men and Ladies	42.2km	32km	21.2km	10km
1 st	R700-00	R600-00	R550-00	R500-00
2 nd	R600-00	R500-00	R450-00	R400-00
3 rd	R500-00	R400-00	R350-00	R300-00

Temporary Licenses: R40-00 / Grand Masters (60+): Free

REFEREES' DECISION IS FINAL

Obey all Traffic Officials and Race Marshals.

The race will be run according to the rules of ASA, IAAF & AMPU House rules.

No seconding will be allowed. No pacing of any kind.

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

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

All athletes will participate at their own risk.

Registered athletes must wear full club colours.

2020 license numbers on the front and back of the vest.

Temporary license at the front on the vest.

Remember to complete the Temporary license tear off slip immediately and hand it back to the organizer.

Age category ID tags must be clearly displayed for the duration of the event (back and front) by athletes competing for a category prize AND must be fixed on all 4 corners and not be covered by rain jacket or any shirt.

Asa license numbers must not be covered with any paper race numbers /race bib.

This is a close competition for runners, walkers with a fix "W" welcome.

Category winners must be present at the prize giving ceremony or make prior arrangements to collect the award, failing to do so the athlete will forfeit his/her prize money

Any Foreign athlete must have a conformation letter or permit form their Sport federation required under IAAF Rule 4 from taking part in the event.

No littering, please make use of waste boxes on the route – RUN CLEAN

All participants must take note that photographs might be taken at the event and placed on social media.

Levy of entry fee must be paid over to Athletics Mpumalanga by race organizer.

The use of earphones during the race will lead to disqualification

For Further information: Jopie Jordan: 083 760 2629 Reiner Stucky : 082 735 1104

Linda Duvenage:083 733 4621 Siyabonga Msimango:073 481 8528 Sanet Thyse:034 328 1013

