

24TH TOWNSHIP MARATHON

SUNDAY
24TH FEBRUARY 2019

INCORPORATING CGA 10KM WALK LEAGUE
ELDORADO PARK STADIUM
CUMMING ROAD
ELDORADO PARK



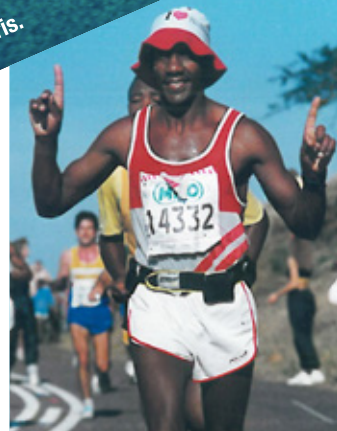
TOWNSHIP
MARATHON

Qualifiers: Comarades - Sub 4h50 Two Oceans Sub 5h00.

High quality T-shirts to all pre-entries on Marathon, Half Marathon & 10km events before 27th January 2019.
Starting time: Marathon, H/Marathon & 10km Run = 6:00am | 10km Walk = 6:10am
4.5km Fun Run/Walk = 6:30am | Cut off time: 12:00 noon.
10km run is in memory of Herbert Morris.



struqbrouwer
deezign junkles



T-shirt sizes: Small Medium Large X-Large XX-Large

TOWNSHIP MARATHON

Hand deliveries for eligibility of T-shirts close **27th January 2019**.

Late entries from 28th Jan. to 17th Feb. 2019 (No T-shirts)

Last minute entries: Accepted at the Eldorado Park Stadium on **Saturday 23rd February** between **9am** and on race day from **4am**.

The Sweat Shop, Fourways Crossing, Shop U4A | **Tel: (011) 467-5966**

The Sweat Shop, Southdown Shopping Centre, John Vorster Ave | **Tel: (012) 665-0048**

The Sweat Shop, Dunkeld West Centre, Jan Smuts Ave, Dunkeld | **Tel: (011) 325-2567**

The Randburg Runner, Cnr. 5th Street & 4th Ave | **Tel: (011) 888-9644**

Orlando Community Hall, Soweto | **Tel: 073 944-2571**

CGA, Germiston | **Tel: 073 944-2571**

The Sweat Shop, 2 Bedford Arcadia, Van Buuren Road, Bedfordview | **Tel: (011) 450-2421**

23 Nieuwveld Street Eldorado Park, Soweto, 1811, South Africa | **Tel: (083) 704-3649**

TLC Insurance Brokers, 14 Viscount Street, Eldorado Park | **Tel: (076) 676-7445**.



On-line Entries
www.enteronline.co.za
 closes: **12 February 2019**

Surname: _____ First name: _____

Postal address: _____

_____ Code: _____

Age on race day ID number/ Gender M F

Category (Mark with X)

Junior Men	14-19	Senior Men	20-39	Veteran Men	40-49	Master Men	50-59	Grandmaster Men	60+
Junior Women	14-19	Senior Women	20-39	Veteran Women	40-49	Master Women	50-59	Grandmaster Women	60+

Club: _____ Province: _____ Licence number: _____

Tel (w): _____ (h): _____ Cell: _____

Email: _____ Facebook:/ _____ Twitter:/ _____ Instagram:/ _____

Number of Township Marathons completed

	Marathon	Half Marathon	10km Run/Walk	4,5km Run/Walk
Pre-Entry fee:	: R200	: R170	: R120	: R50
Blind Runners:	: Free	: Free	: Free	: Free
Grandmasters:	: R120	: R90	: R60	
Temp License:	: R60	: R25	: R20	
Late-Entries:	: R230	: R190	: R140	
(9 Feb. - 17 Feb.)				
Last minute entries:	: R260	: R210	: R160	: R50
After 17 Feb. no T-shirts				

Entry fee	R _____
Temp licence	R _____
Donation	R _____
Total	R _____

EVENT: Please indicate which race you would like to enter by marking the relevant box with an X

Payment Method: cash Deposit/EFT (No cheques accepted)

Credit Card payments accepted at road races

4,5km Fun Run 10km Walk 10km Run Half Marathon Marathon

Payable to: Township Marathon

Deposit entry fee into bank account: Township Marathon, First National Bank, Acc. No. 62447481524, Branch Code 256055 Southgate.

Fax to 086 559 9948 or 086 509 7060 before Monday 19th February 2019

Please note that entry fees are not refundable.

Disclaimer

I acknowledge and agree that township Marathon, its employees and agents, sponsors, suppliers and volunteers associated with event will not accept responsibility for injury, damage or loss of any nature whatsoever which may result from participating in the Township Marathon, and I declare that I am participating in the Township Marathon entirely at my own risk even if I have not read this disclaimer and someone has entered on my behalf. If the marathon should be cancelled owing to circumstances beyond the control of the organisers, no refunds will be granted.

Note: Consult a medical practitioner before engaging in any activity. Entry into the marathon requires proof of payment to accompany the event form before the deadline in order to validate the entry and goodie bag qualification.

Signature of entrant

Signature of parent or guardian of entrant if under 18 years

Rules

1. Run in accordance with the rules of ASA and CGA.
2. Proof of age to be produced on request.
3. Marathon runners must be 20 years or older on race day.
4. Half-Marathon runners must be 16 years or older on race day.
5. 10km race runners must be 14 years or older on race day.
6. Fun Run open to all age groups.
7. No seconding allowed, as there are ample watering points.
8. Registered athletes must be a member of a club affiliated to ASA and wear club colours.
9. International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize.
10. Temporary licenced athletes must wear plain clothing.
11. The issued race number must be worn throughout the race in front of the vest on top of the 2019 Provincial licence number and the issued temporary licence number must be worn on the back of the vest and the issued race number on the front of the vest.
12. Only top 3 positions for men and women are open. The rest of the categories are applicable to athletes competing for these categories. Athletes must wear their age category tags on the back and front of their vest, clearly visible.
13. No walkers in the marathon.
14. Wheelchair athletes are welcome to participate in 10km run/walk road race only.
15. No rollerblades, skateboards or cyclists allowed on the route.
16. Registered athletes must wear their club colours together with their 2019 provincial licence bib on the back and front of their garment/vest with the insured race number on top of their provincial licence bib not obscuring the sponsors names on their provincial bib number
17. Regrettably, athletes are not allowed to participate with pets.
18. Walkers competing for prize money must wear short pants. Any long pants covering the legs will lead to disqualification.
19. Entry fee is not refundable.
20. All entrants participate at their own risk.
21. Blatant running by any walker may lead to immediate disqualification.
22. Walkers must wear WALKER.
23. Three warnings may lead to disqualification.
24. Team prizes: Only SA citizens or permanent residents will be eligible.
25. All foreign athletes must comply with the rules of IAAF and ASA rule 142.2 and 4.2.
26. All traffic officers and officials instructions to be obeyed.
27. Athletes are only eligible for prizes if all information is completed on their race number, tear-off strip.
28. Athletes are only eligible for prizes in the race they have entered.
29. Objections must be lodged within 30 minutes (before or after prize-giving) in writing to the chief referee, accompanied by R500, which is refundable if the appeal is upheld.
30. The organisers reserve the right to accept or reject any entry.
31. No ear plugged devices allowed during the race, excluding hearing aid devies in contravention of IAAF rule 144.2b may lead to disqualification.
32. Foreign athletes are not allowed to run with a ASA Provincial licence and are required to purchase a temporary licence or face disqualification. (Refer to IAAF rule 4.)
33. Foreign athletes are not allowed to run in club colours unless such club exist in their country of origin or they are in possession of a refugee status permit or are naturalised citizens of RSA. (Refer to IAAF rule 4.)

For more information contact: Joe Morris - 082 443 3777 & Gerhard Van Wyk - 083 292 9551

Total Prize-money **R 81 840.00**

Marathon:

Equal Cash Prize Money for Men & Women

Pos	Open	Veteran	Master	G/master
	R	R	R	R
1	5 000	1 000	750	500
2	3 000	750	400	300
3	1 500	500	250	200

Starting Time: 06h00
Prize-Giving: 11h00
Temp Licence: R60

Gold: Top 3 Men & Women
All category Winners
Silver: To Sub 3 hours
Bronze: To all Finishers

Marathon: Open Team

Equal Cash Prize Money for Men & Women four to count

Pos	Open
	R
1	2 000

Marathon Record Incentive

Man: Raphael Segodi 2:20:17 (2013) R5 000-00
Woman: Michelle Williams 2:52:55 (2013) R5 000-00

Half-Marathon:

Equal Cash Prize Money for Men & Women

Pos	Open	Junior	Veteran	Master	G/master
	R	R	R	R	R
1	1 500	300	500	400	300
2	1 000	200	300	250	200
3	750	100	200	150	150

Starting Time: 06h00
Prize-Giving: 10h00
Temp Licence: R25

Gold: Top 3 Men & Women
All category Winners
Silver: To Sub 90 minutes
Bronze: To all Finishers

Half-Marathon: Open Team

Equal Cash Prize Money for Men & Women four to count

Pos	Open
	R
1	1 000

Half-Marathon Record Incentive

Man: Derocious Makubane 1:06:29 (2014) R1 500-00
Woman: Lebogang Phalula 1:20:09 (2016) R1 500-00

10km Run:

Equal Cash Prize Money for Men & Women

Pos	Open	Junior	Veteran	Master	G/master
	R	R	R	R	R
1	1 000	200	400	300	200
2	750	100	250	200	150
3	500	70	150	150	100

Starting Time: 06h00
Prize-Giving: 09h00
Temp Licence: R20

Gold: Top 3 Men & Women
All category Winners
Silver: To Sub 40 minutes
Bronze: To all Finishers

10km Run: Open Team

Equal Cash Prize Money for Men & Women four to count

Pos	Open
	R
1	1 000

10km Run Record Incentive

Man: Namakoe Nkhasi 0:29:57 (2018) R1 000-00
Woman: Nolene Conrad 0:34:24 (2013) R1 000-00

10km Walk: is a CGA League Event

Equal Cash Prize Money for Men & Women

Pos	Open	Junior	Veteran	Master	G/master
	R	R	R	R	R
1	1 000	200	400	300	200
2	750				
3	500				

Starting Time: 06h00
Prize-Giving: 11h00
Temp Licence: R20

Gold: Top 3 Men & Women
All category Winners
Silver: To Sub 45 minutes
Bronze: To all Finishers

Incorporating the CGA 10km Walk League

Man: Lebogang Shange 0:41:29 (2016) R1 000-00
Woman: Udel De Winnar 0:54:55 (2016) R1 000-00

4,5km Run/Walk

Medals to all Finishers

Starting Time: 06h30
Entry Fee: R50