



# Heads Marathon

Sponsored by

**RE/MAX**  
**COASTAL**

**42.2km, 21.1km, 10 km & 5km fun run  
at These Islands**

**Comrades & Two Oceans Qualifier**



**Date: 8 March 2020**

**TIME: 06h00 (42.2km & 21.1 km)**

**06h30 (10km & 5km)**



Heads Marathon 8 March 2020

## INFORMATION

**Registration and late entries:** 8 March 2020

Thesen Islands, Knysna, 5:00 until 5:45 on race day

**Transport:** Bailers pick-up will be provided on the 42km route

**ASWD Licensed athlete take note:** Forget your chip – you will have to pay R20 to loan one for the race. Lost your chip – you will have to pay R75 for a replacement chip.

**Start:** Thesen Islands. **42km & 21km start at 6:00**  
**10km & 5km start at 6:30**

**Finish:** Thesen Islands, Knysna

**Ablution:** Available at Venue. No showers at finish.

**First Aid:** At the venue and along the route.

**Hand-outs:** Lucky Draw Prizes

**Medals:** Medals to all finishers who complete the race within the cut-off time.

**Prize giving:** 10km and 21km Prize giving at 10:00  
42km Prize giving at 11:30. Athletes are responsible to collect their own prize money or nominate a representative. (ASA Rule 2.9) Forms for this purpose will be supplied at the finish.

|          | <b>42 Km</b> | <b>21 km</b> | <b>10 km</b> |
|----------|--------------|--------------|--------------|
| 1st Open | R 600        | R 400        | R 200        |
| 2nd Open | R 400        | R 300        | R 150        |
| 3rd Open | R 300        | R 200        | R 100        |
| 40-49    | R 400        | R 200        | R 100        |
| 50-59    | R 400        | R 200        | R 100        |
| 60-69    | R 400        | R 200        | R 100        |
| 70+      | R 400        | R 200        | R 100        |
| Junior   |              | R 200        | R 100        |
| Walker   |              | R 200        | R 100        |

**Route:** Along the waters edge – very flat for fast times.

**Enquiries: Danie Brown 084 503 9093**

**Email - [knysnarunner@gmail.com](mailto:knysnarunner@gmail.com)**

## RULES AND REGULATIONS

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| <b>Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The Race Referee's decision is final. The Race Organizer reserves the right to accept / reject any entry received.</b>  |
| <b>Club Colours:</b> Athletes must participate in their correct club colours and display the ASA 2020 license number on the front and back of the vest. All other runners must display temporary number on the front of vest. No advertising allowed.<br>No Temporary License is needed for the 5km Fun run  |
| <b>Cut-off time:</b> 10km = 2 hours; 21.1km = 3 ½ hours; 42.2km = 5 ½ hours.   |
| <b>Distance markers:</b> Will be placed at every kilometre.  |
| <b>Foreigners:</b> All foreign athletes must comply with IAAF rule 142 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.   |
| <b>Minimum ages:</b> 5 km = 9 years, 10km = 14 years or 21.1 km = 16 years, 42.2km = 20 years. Athletes must give proof of their age at the request of the Race Referee.<br>(ID / Birth Certificate / Permanent Residence Permit)  |
| <b>Accommodation: Remax Coastal Holiday letting 044 – 3825722</b>  |
| <b>Refreshment Tables:</b> Drinking stations shall be provided close to 3km intervals. Water and other suitable refreshments shall be available at the start and finish of all races.  |
| <b>Road:</b> Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers. 42km Runners will run on the Lagoon side of the N2 until directed to cross near the White bridge.   |
| <b>Safety:</b> No animals or racers (push carts or prams) will be allowed. (ASA rule 34.10.1; 34.10.3) No earphones or in-ear music devices will be allowed.(ASA rule 34.10.6<br>- Immediate disqualification (Applies to all events)  |
| <b>Seconding:</b> No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding – stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 30.8)   |
| <b>Age Tags:</b> Participants will be eligible for prizes in the OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD age category tag or junior tags is displayed front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. <b>Red age tag or Orange "W" tag (ASA rule 22.9)</b> |
| Late entries available on the day of the event from 5:00 until 5:45 at the start venue. Late entries will attract a R20 late entry fee. Online entries available from <a href="http://www.knysnamarathonclub.com">www.knysnamarathonclub.com</a> No admin fee is charged for online entries. Online entries close on 5 March 2020  |

**This event is timed by electronic chip.**

**NO CHIP NO TIME**


**ASWD licensed athletes will use their current personalised chips.**

**A timing chip will be made available, on a loan basis, to all participants in the 10 and 21.1 km races. The chip is to be worn on your shoe for the duration of the event. The loan chips are to be handed back at the end of the race in exchange for a medal. Participants will be held responsible for lost or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizer even in the event of not completing the race.**

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|                  |  |
|------------------|--|
| <b>Admin use</b> |  |
| <b>Chip no</b>   |  |
| <b>Temp no</b>   |  |

# ENTRY FORM

|   |  |   |  |                            |  |                         |  |
|---|--|---|--|----------------------------|--|-------------------------|--|
| <b>Surname</b>  |  |   |  |                            |  |                         |  |
| <b>First name</b>   |  |   |  |                            |  |                         |  |
| <b>Province</b>   |  | <b>2019 Lic. no</b>                               |  |                            |  |                         |  |
| <b>Club</b>   |  |   |  |                            |  |                         |  |
| <b>Date of Birth</b>  |  | <b>Age</b>  |  |                            |  |                         |  |
| <b>Female</b>   |  | <b>Male</b>                                       |  | <b>Runner</b>              |  | <b>Walker</b>           |  |
| <b>Address</b>  |  | <b>Emergency contact details</b>                  |  |                            |  |                         |  |
|   |  | <b>Relation</b>                                   |  |                            |  |                         |  |
|   |  | <b>Name</b>                                       |  |                            |  |                         |  |
| <b>CELL No.</b>   |  |   |  | <b>Cell No.</b>            |  |                         |  |
| <b>ID / BC / PR NUMBER</b>  |  |   |  |                            |  |                         |  |
| <b>5KM –Fun run<br/>R35.00</b>  |  | <b>10KM –<br/>R55.00</b>                          |  | <b>21.1km –<br/>R65.00</b> |  | <b>42.2km –<br/>R80</b> |  |
| <b>Minimum Age: 10 km-14yr, 21.km-16yr, 42,2-20yr</b>                             |  |   |  |                            |  |                         |  |
| <b>CAT:14 – 19 / OPEN / 40 – 49 / 50 – 59 / 60-69 / 70 + or Walker</b>            |  |   |  |                            |  |                         |  |
|  |  | <b>ENTRY FEE</b>                                  |  |                            |  |                         |  |
|   |  | <b>Temp Licence R35<br/>(Not needed for 5 km)</b> |  |                            |  |                         |  |
|   |  | <b>Late Entry charge R20</b>                      |  |                            |  |                         |  |
|   |  | <b>Voluntary donation to<br/>NSRI Station 12</b>  |  |                            |  |                         |  |
|   |  | <b>TOTAL</b>                                      |  |                            |  |                         |  |

**INDEMNITY / DISCLAIMER** By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre - and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

.....  
**Signature**

.....  
**Date**

I the minor's parent and/ or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this indemnity / waiver on behalf of the minor.

**Parent / Guardian** .....**Cell No.**.....