

42nd BRUINTJIESHOOGTE MARATHON

50km, 25km, 15km run & 5km fun run/walk

Saturday 30 March 2019

RULES AND GENERAL INFORMATION:

1. **Out and back route:** All races start and finish at Gill Primary School, Somerset East (GPS – 32°72'37"S 25°58'81"E)
2. Starting times: 50km - 6h00; 25km 07h00; 15km 07h00; 5km Walk/Run – 08h00
3. 2019 licence number to be worn at front and back of vest/shirt. Race number to be worn on front of vest/shirt.
4. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license (R40.00) to be worn on the back of vest or plain coloured T-shirt, with the official race number on the front of the vest/T-shirt. Temporary licenced athletes are not covered by ASA group insurance and are urged to join an affiliated club. Contact EPA for more information.
5. Only licensed members of a club affiliated to ASA may participate in the 50km ultra marathon. Temporary licenses will only be available for the 25km and 15km races.
6. This race is a qualifier for the Comrades Marathon. Split times at 42.2 km until 4:49:59.
7. Registration on Friday evening (29 March 2019) from 18:00 to 21:00at **Somerset East Bowls Club** (opposite Gill Primary School) or morning of race at Gill Primary School (50km –from 05h15; 25 km – from 06h00); 15km – from 06h00)
8. Age category tags to be worn (front and back) to qualify for age category prizes.
9. Minimum age limit on day of race: 50 km = 20 years; 25 km = 16 years; 15km = 15 years; 5km = 9 years
10. Unless otherwise directed by traffic officials or marshals, athletes must stay within the yellow line on the right hand side of the road, facing traffic. Failure to obey may lead to disqualification.
10. The wearing of earphones or headsets is prohibited and will lead to disqualification
11. Prize Giving and lucky draws (attendance): Gill Primary School 12:30 (5km 10:00am)
12. Pasta Party: Friday at Somerset East Bowls Club 18:30–21:00. Tickets at door. Cash Bar available.
13. Meals & refreshments for sale after race.
14. Refreshment stations every 3 km. Stand and hand rule to apply.
15. Refuse bins will be provided upto 200m after every refreshment station. Please discard litter into these bins and not beyond the designated point. Intentional littering may lead to disqualification.
16. Permanent numbers for 10 completed races (50km & 25km)
17. For further information: Henrico – 083 4465598; Ronette – 083 505 7700
18. **ACCOMMODATION:** Gill Primary Hostel: Tel: 042 243 2997/084 556 1249
Bellevue Hostel – Eddy Sims 082 333 7630

Ross Turner Tel. 042-243 1448 Cell. 073 698 6539

e-mail: somerseiteastinfo@telkomsa.net / www.somerset-east.co.za

19. Pre-entries at sport shops will be accepted until Wednesday **20 March 2019** at:
 - **ACTION SPORTS** (Summerstrand & Humewood)
 - **BRIAN BANDS SPORTS** (Cape Rd, Newton Park)
 - **THE FOOTBALLER & SPORTS** (Cape Rd, Newton Park)
20. Pre-entries via email/fax with proof of payment will be accepted until Wednesday **27 March 2019** at:
 - Email: bruintjieshoogte@gmail.com
 - Fax: 086 648 6716Banking details: Bank: Investec; Acc name: Somerset Oos Atletiekkklub
Acc nr: 50009543918; Branch code: 580105; Ref: Name & Surname

22. COURSE RECORDS:

50 km

Jnr Men			
Jnr Ladies			
Men's Open	3:00:46	E. Pelem	2010
Men's 40 – 49	3:10:46	C. Mabengeza	2009
Women's Open	3:44:29	S. Smith	2018
Women's 40 – 49	3:47:14	L. v Aswegen	2010
Men's 50 – 59	3:40:24	M. Mpalala	2018
Women's 50 – 59	4:34:06	L Maritz	2013
Men's 60 +	4:12:32	J Styant	2012
Woman's 60+	5:27:33	V. Spies	2016
Mens 70+	4:41:46	T. Jusayi	2012

25 km

1:41:33	R. Smalberger	2008
2:10:49	L. Liebenberg	2009
1:18:25	W. Gallant	2007
1:24:13	C. Mabengeza	2007
1:42:54	F. vd Merwe	2007
1:42:54	F. vd Merwe	2007
1:37:58	B. Bonaparte	2017
1:51:39	C. Claasen	2016
1:43:07	T. Jusayi	2007
2:14:01	C. Fourie	2007
2:02:03	T. Jusayi	2013

22. PRIZES

MEDALS 50 km

Gold Medals – First 10 men, first 5 ladies; Silver Medals – place 11-20 men, 4-10 ladies; Bronze Medals – rest of field till cut of time, 6 ½ hours

CASH PRIZES

	Pos	50km	25km	15km
Open Male/Female	1	R1200	R600	R200
	2	R800	R400	
	3	R600	R300	
40-49 Male/Female	1	R350	R150	R150 (40+)
50 – 59 Male/Female	1	R350	R150	
60-69 Male/Female	1	R350	R150	
70+ Male/Female	1	R350	R150	
Juniors	1	-	R150	R150
Team Prize:	Men x 4		R50	
	Ladies x 3		R50	
Course Records		R300	R300	

A BIG THANK YOU TO OUR SPONSORS



AFRICAN WILDLIFE ARTISTRY
Taxidermy

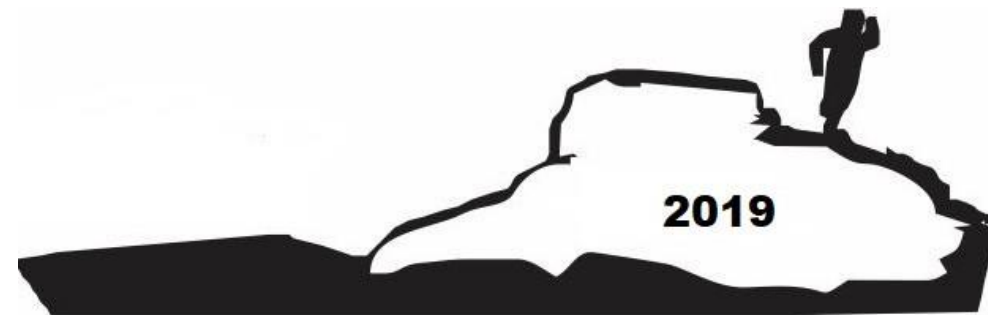


wirquin

EPA SPONSORS



42nd BRUINTJESHOOGTE MARATHON



50km/25km/15km/5km

Presented by Somerset East Athletics Club

Saturday 30 MARCH 2019

SOMERSET EAST

A Participation League Event

(50km; 25km & 15km)

Comrades qualifier

Race held under rules of ASA and EPA. Athletes indemnify the Provincial & Regional Bodies, sponsors or Organisers against all & any action of whatsoever nature, arising out of their participation in the race.

ENTRY FORM

42ND BRUINJIESHOOGTE MARATHON – 30 MARCH 2019

Tick Appropriate Box

- 50km Race starts at 06h00** **25km Race Starts at 07h00**
 15km Race starts at 07h00 **5km Race Starts at 08h00**

Surname:

First Name:

Sex: M F Identity No: Age:

Telephone No. Email:

Club Name / School:

2019 Licence No..... Province:

Permanent Number:

Emergency Contact:..... Number:

INDEMNITY/WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF & ASA. I warrant that I am in good health and aware of the risks and dangers of 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 organisers of the event all sponsors, persons and organisations assisting in the staging the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly from the 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;

MINOR RELEASE: and 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 the proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the minor.

ENTRY FEE

(Tick appropriate box)

50km (Only ASA Licensed club members)	R170	<input type="checkbox"/>
25km	R120	<input type="checkbox"/>
15km	R80	<input type="checkbox"/>
5km	R40	<input type="checkbox"/>
Temporary Licence (25km & 15km only)	R40	<input type="checkbox"/>

Total amount: R

Signature:Date:/...../2019
 (parent or guardian if under 18)