

IT ALWAYS SEEMS
IMPOSSIBLE
UNTIL IT'S DONE



TO HOWICK

PIETERMARITZBURG



MANDELA DAY MARATHON

TRIUMPH OF THE HUMAN SPIRIT



10KM • 21,1KM • 42,2KM

ENTRY FORM 2019



“KEEP RUNNING THE LEGACY”

25 AUGUST 2019



cogta
Department:
Cooperative Governance and Traditional Affairs
PROVINCE OF KWAZULU-NATAL



sport and recreation
Department:
Sport and Recreation
PROVINCE OF KWAZULU-NATAL

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www.mandeladm.org.za

PERSONAL INFORMATION

ID Number		Date of Birth		
Surname		Year	Month	Day
First Name		Gender	Male	Female
Email Address				
Cell Phone Number		Are you an Absa client?	Y	N
Club		License Number		

RESIDENCY

South African		International		Province	
If not South African - Supply Country					
If not South African - Supply Passport Number					

REGISTRATION VENUES

Durban 21-22 August 2019, Moses Mabhida Stadium-NMR Avenue, Durban	DBN
Pietermaritzburg 23-24 August 2019, YMCA Sports Hall-1 Alan Paton Avenue, Pietermaritzburg	PMB
T-Shirt Size	<input type="radio"/> XS <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL <input type="radio"/> XXL

HISTORY

Have you entered before?	NO	YES	Number of Races	
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MEDICAL

Do you have any allergies?	NO	YES	Please Specify	
Special Medical Condition?	NO	YES	Please Specify	
Medical Aid?	NO	YES	Name	Number
Emergency Contact Person				Number

PAYMENT

10 km	R 130.00	
21.1 km	R 150.00	
42.2 km	R 190.00	
Temporary License 21 km	R 35.00	
Temporary License 10 km	R 20.00	
Nelson Mandela Foundation Donation		
TOTAL		

RELEASE AND WAIVER

I am in good health, physically fit and have sufficiently trained to participate in this event. I agree to comply with the rules, conditions of entry and regulations for this event which includes the payment of the entry fee. I hereby release and discharge the organisers of the Mandela Day Marathon, all staff, consultants, sponsors, volunteer groups, medical personnel, and any all local authorities, from any loss or damage, however caused, arising from my participation in the event, including pre-race and post-race activities. This waiver applies to my executors, heirs, administrators, assigns and myself.

I grant permission to the organisers and sponsors, in terms of section 51 of the Electronic Communications Transactions Act 25 of 2002, to use my name, race information and any photographs, video tape, broadcast and/or telecast footage in which I may appear, for whatever use, at no charge.

Signature _____

DIRECT DEPOSIT

Runners may pay their entry fee by DIRECT DEPOSIT into Absa bank, and post their entry form and deposit slip to MANDELA DAY MARATHON.

Bank details are:

Bank: Absa
Branch Code: 632005
Account Number: 409 436 2410
Reference: Your ID number

Please write your ID Number on the deposit slip and attach this to the entry form.
 PLEASE POST THE ORIGINAL DEPOSIT SLIP WITH YOUR ENTRY.
 No photocopies will be accepted. Keep a copy of your entry form.



MANDELA DAY MARATHON®

THIS RACE IS RUN UNDER THE AUSPICES OF IAAF, ASA, KZNA AND MANDELA DAY MARATHON

RULES & INFORMATION

DATE & TIME OF RACE

The **42.2 km race** will be run on **Sunday, 25 August 2019** starting at 06h00 and finishes at 12h00 which is a 6 hour cut-off.

The **21.1 km race** will be run on **Sunday, 25 August 2019** starting at 06h00 and finishes at 09h00 which is a 3 hour cut-off.

The **10 km race** will be run on **Sunday, 25 August 2019** starting at 06h00 and finishes at 08h00 which is a 2 hour cut-off.

ROUTE & DISTANCE

42.2 km starts at the Manaye Hall in Imbali and finishes at The Nelson Mandela Capture Site, Howick. The race distance is 42.2 km.

21.1 km starts at the Marathon halfway mark in Hillary Road, Hilton and finishes at The Nelson Mandela Capture Site, Howick. The race distance is 21.1 km.

10 km starts at the Howick Stadium and finishes at The Nelson Mandela Capture Site, Howick. The race distance is 10 km.

ENTRY FEE

42.2 km Entry Fee (24 May 2019 to 19 July 2019) is R190.00.

Licensed runners only.

21.1 km Entry Fee (24 May 2019 to 19 July 2019) is R150.00.

(Temporary license R35.00)

10 km Entry Fee (24 May 2019 to 19 July 2019) is R 130.00.

(Temporary license R20.00)

CLOSING DATE OF ENTRIES

Entries open on 24 May 2019 and close on 19 July 2019. There will only be one entry window period for all athletes to enter.

Entries will be limited to an overall maximum of 17,000 for all the races and no extensions will be entered into. Entries will close on 19 July 2019 or once the overall cap of 17,000 entries has been received. All current and potential Mandela Day Marathon runners that wish to run in 2019 are urged to take careful note of the entry process and the cut-off date.

MANDELA DAY MARATHON RIGHTS RESERVED

Any irregularities in your entry form will result in a rejected entry. Mandela Day Marathon reserves the right to accept or reject any entry, subject to the rules of IAAF, ASA, KZNA and MANDELA DAY MARATHON.

AGE RESTRICTION

42.2 km - The minimum age requirement is that the athlete must be 20 years or older on 25 August 2019.

21.1 km - The minimum age requirement is that the athlete must be 16 years or older on 25 August 2019.

10 km - The minimum age requirement is that the athlete must be 14 years or older on 25 August 2019.

RESTRICTION ON ENTRY

The Mandela Day Marathon 42.2 km is restricted to licensed runners only. Temporary licenses will be available at registration for the 10km and 21.1km races.

TEMP/ LICENSE COST

R20 .00 for 10 km

R35 .00 for 21,1 km

HOW TO ENTER

1. ONLINE ENTRIES

Enter online at www.mandeladm.org.za or www.finishtime.co.za

please note that in order to enter online you will require either a Visa or Master Credit Card. Online entries will open at midnight on 24 May 2019.

2. DROP-OFF POINTS

Hand deliver your entry to the MANDELA DAY MARATHON Office, 242 Langalibalele Street in Pietermaritzburg by 18h00 on closing date of entries. (See above for details of closing date). At selected Absa branches near you (refer to the Mandela Day Marathon website for the full list).

3. POSTAL ENTRIES

Post your entry to Mandela Day Marathon, PO Box 3235, Pietermaritzburg, 3200. You may enter by making a direct deposit. All direct deposits must be paid to the Mandela Day Marathon. Postal entries must be postmarked by the Post Office no later than closing date of entries (see Closing Date of Entries details).

4. DIRECT DEPOSIT

Runners may pay their entry fee by DIRECT DEPOSIT into Absa bank, branch and post their entry form and deposit slip to MANDELA DAY MARATHON. Bank details are:

Bank: Absa Bank
Branch Code: 632005
Account Number: 409 436 2410
Reference: Your ID Number

PLEASE DO NOT DUPLICATE YOUR ENTRY.
NO FAX ENTRIES WILL BE ACCEPTED!
NO LATE ENTRIES WILL BE ACCEPTED.
ENTRY FEES ARE NOT REFUNDABLE UNDER ANY CIRCUMSTANCES.

FINISH TIME

10 km 21.1 km and 42.2 km

All Runners will receive a temporary timing chip attached to their race number. All results will be posted on the Finish Time Website

All runners are required to wear a Finish Time timing device on the Race number for the duration of the race.

NO CHIP, NO RESULTS.

ALL QUERIES TO BE DIRECTED TO THIS ADDRESS

For all Race Queries please contact Finish Time on:

Tel: (+27) 87 330 0001 or

Website: www.finishtime.co.za

All Email Queries to be sent to: support@finishtime.co.za

SEEDING BATCH 42.2km only

MANDELA DAY MARATHON 42.2km will preselect 120 Elite athletes to start at the front of the race. The balance of the athletes will not be seeded; athlete entrance into the start area will be on a first come first served basis.

The 2018 Gold Medalists automatically qualify for elite seeding. Jumping in at the start batches is a disqualifiable offence.

RUNNING KIT, SPONSORSHIP & ADVERTISING

ASA approved Club colours or unbranded kit and the Mandela Day Marathon 2019 race number must be worn on the **front of your upper body garment** throughout the race. Temporary Licensed Athletes must wear plain colours with no branding.

Runners must familiarize themselves with and abide by the advertising rules as per the IAAF and ASA Rulebooks. (IAAF and ASA and advertising regulations).

These provisions apply for the duration of the race including warming up, all race ceremonies and official press conference. Under no circumstances may a runner display a political slogan.

SECONDING/ PHYSICAL ASSISTANCE

The no mobile seconding rule will be strictly enforced. No seconds may drive, cycle or run alongside any athlete on the route as there will be 25 well stocked Refreshment Tables. No seconds may travel on the route. No pacing will be permitted. **Any transgressions will lead to disqualification. Any athlete being found carried along the route and/or before the finish line will be liable for disqualification. (IAAF Rule)**

In compliance with IAAF Rules athletes are not allowed to be in possession or use cassette recorders, radios, CD, radio transmitter, mobile phone or similar devices. Athletes MUST obey Race Referees, Traffic Officers, Marshals and Race Officials at all times. Foreign athletes must comply with IAAF Rules

ACKNOWLEDGEMENT OF ENTRY

Entries can be confirmed on the Mandela Day Marathon website www.mandeladm.org.za by clicking on 'Confirm Entry' and printing the acknowledgement page. Entries will also be acknowledged to valid e-mail addresses and/or SMS (as supplied on your entry form).

It is your personal responsibility to check your confirmation of entry. If any of the details are incorrect please contact the MANDELA DAY MARATHON so that your details can be accurately captured. **You must produce this confirmation in order to collect your Finish time race number.**

NUMBER COLLECTION

You must collect your race number, FREE runner's t-shirt and Goodie Bag from the registration venue .

- All runners will receive a temporary timing chip with their Finish time race number.
- All runners MUST provide proof of identity in order to collect their race number. ID book, Passport or Driver's License.
- NO race numbers will be issued on race day.

Registration Venues:

DURBAN	PIETERMARITZBURG
Mandela Day Marathon Expo Moses Mabhida Stadium NMR Avenue Durban	Mandela Day Marathon Expo YMCA Sports Hall 1 Alan Paton Avenue Pietermaritzburg

Registration - Dates and Times

Durban – Wednesday and Thursday 21-22 August 2019 10h00-19h00
Pietermaritzburg – Friday 23 August 2019 10h00 - 19h00
Pietermaritzburg – Saturday 24 August 2019 09h00 - 17h00

If you are unable to collect your race number package, a third party can collect this on your behalf providing they have a printed copy of Acknowledgement of Entry, the athlete's Finish Time as well as a letter of authorization from the entrant. The person collecting the race number package must have identification.

Please write your ID Number on the deposit slip and attach this to the entry form.
PLEASE POST THE ORIGINAL DEPOSIT SLIP WITH YOUR ENTRY.
No photocopies will be accepted. Keep a copy of your entry form.

Runners may not claim their registration package after registration closes. These items will not be posted to you and no refunds will be processed.

PARKING

PARKING WILL BE AVAILABLE AT ALL START VENUES

Athletes are advised to drive directly to start venues and park their vehicles. Roads will be closed 30 minutes before the start of all races

DROP AND GO

Athletes can be dropped at the start venues with a drop and go system and designated drivers will proceed to the finish venue parking area.

SHUTTLE BUS SERVICE

The Race Organisers will provide a comprehensive shuttle system to transport athletes back to the various parking areas on completion of their races.

FULL ROAD CLOSURE will prevent supporters from following the athletes along the route.

TIME LIMITS & CUT OFFS

The 42.2km race is run with a 6 hour cut-off. There will be 6 cut-off points on the route and the cut-off times for these points will be confirmed in the final race instructions. The MANDELA DAY MARATHON reserves the right to alter these positions. Runners will be required to board a rescue bus and be transported to the finish venue should they not have reached the cut-off points within the specified time.

Athletes MUST retire once ordered to do so by a race official, medical delegate or medical staff. IAAF Rule

The cut-off points will be clearly sign posted and do not relate to the location of any timing mats or other markers along the route.

Point 1 – 08:50	Mtolo Butchery (Caluza Road / Dennis Shepstone Drive)
Point 2 – 9:30	Half Way Mark
Point 3 – 10:00	Rotunda Entrance (Cedara Road)
Point 4 – 10:30	Merrivale off-ramp
Point 5 – 11:00	Howick Stadium
Point 6 – 12:00	Finish Line

Please note that these times and positions are subject to change should the organisers deem it necessary. The final cut-off is at 6 hours (12h00) and if you have not reached the Finish, you must leave the route and retire from the race immediately.

FINAL RACE INSTRUCTIONS

Your Final Race Instructions form part of the rules of the race and will be included with your race number.

AWARDS & INFORMATION

General Awards

Medals will be awarded to all official finishers who complete the full distance within the 6-hour cut-off.

Prize Money (ZAR)	42.2 km	21.1 km	10 km
Position	Men and Woman		
Position 1	100 000	20 000	10 000
Position 2	50 000	15 000	8 000
Position 3	25 000	12 000	6 000
Position 4	15 000	10 000	5 000
Position 5	12 000	9 000	4 500
Position 6	10 000	8 000	4 000
Position 7	9 000	7 000	3 000
Position 8	8 000	6 000	2 500
Position 9	7 000	5 000	2 000
Position 10	6 000	4 000	1 000

Record Time (42.2km only)

Should the Winners (man and woman) of the 2019 Mandela Day Marathon (42.2km) break the Best Time previously recorded, he or she will receive a cash payment of R50, 000.00

The Best Time Previously Recorded

MALE: Thobani Chagwe **2.27.12 (2014)**
FEMALE: Irvete Van Zyl **2.47.15 (2014)**

Cash Hot Spots (42.2km only)

R 8 000.00 - for the first runner (man and woman) to the designated position before Halfway

R 10 000.00 - for the first runner (man and woman) to the Halfway mark

R 15 000.00 - for the first runner (man and woman) to the designated position after Halfway

These Hot Spots positions will be confirmed in the Final Race Instructions. The runner must complete the race within the 3hours 30minutes in order to qualify for these prizes.

Age Categories

An athlete is not eligible for a prize in more than one age category, i.e. an athlete is only eligible for a prize in the age category applicable to him/her or the younger category chosen by him/her provided he/she is wearing the relevant age category tag. An athlete, male or female, who finishes the race in first to tenth position, may, however, win his/her position prize as well as any applicable age category prize. Unless you specifically request in writing to MANDELA DAY MARATHON organisers to change your age category to a lower age category and approved in writing by the MANDELA DAY MARATHON technical delegate, you will be entered in the age category of your chronological age. (ASA rules). Appropriate numerical age category tags must be worn on the front and back of the upper body garment. An athlete must provide positive identification to verify proof of age.

10 KM ONLY

	Men and Woman	
Junior	Position 1	R1000.00
	Position 2	R800.00
	Position 3	R500.00

Age Category Prizes (42.2Km, 21.1Km and 10Km events)

	Men and Woman	
35 - 39 years	Position 1	R1000.00
	Position 2	R800.00
	Position 3	R500.00
40 - 49 years	Position 1	R1000.00
	Position 2	R800.00
	Position 3	R500.00
50 - 59 years	Position 1	R1000.00
	Position 2	R800.00
	Position 3	R500.00
60 years +	Position 1	R1000.00
	Position 2	R800.00
	Position 3	R500.00

FIRST SOUTH AFRICAN RUNNERS - (42.2 KM ONLY)

The first South African citizen (man and woman) to complete the event will each receive a cash payment of R10, 000.00

FIRST KWAZULU-NATAL RUNNERS - (42.2 KM ONLY)

The first KwaZulu-Natal athlete (man and woman) to complete the event will each receive R5, 000.00 from the KwaZulu-Natal Department of Sport and Recreation. (See final instructions for definition of KZN runner)

Note: All prizes including prize money, trophies and/or special medals will only be issued once drug test results have been received and subject to clearance. All prize money is subject to South African tax laws; this may take up to three (3) months to process.

OFFICIAL CHARITY

The Nelson Mandela Foundation is the official charity of the Mandela Day Marathon. For more information and details on our charity initiative, please visit www.mandeladm.org.za

FURTHER ENQUIRIES

Finish Time on: (+27) 87 330 0001

Visit their website: www.finishtime.co.za

All Email Queries to be sent to support@finishtime.co.za

Mandela Day Marathon Website

Web: www.mandeladm.org.za

Would you like to receive Absa updates, news, promotional and marketing mails or materials?

YES	NO
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Method of communication (Please mark with X)

Email

SMS

Telephone



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