



## RULES & INSTRUCTIONS

- All participants must be 16 years or older on the day of the race for the half marathon & 20 years or older on the day of the race for the marathon. For the 10km the minimum age is 14 years on the day of the race. All participants must be 9 years or older on the day of the race for the 5km & 16 years or older on the day of the race for the 15km Trail.
- The half marathon covers a comfortable single lap course. Two laps for the marathon. The 10km covers 2km before joining the Marathon route for the last 8km. The trail runs run alongside the Msunduzi River down river right. The 5km trail crosses at Boshoff Street and returns upstream, crossing at the swing bridge to return to the stadium. The 15km continues downstream and crosses the river at LowLevel Bridge to return and join the 5km from Boshoff Street.
- No post-dated cheques nor any postal orders will be accepted.
- Monies are not refundable for non-participation in the event for whatever reason.
- Entries may not be exchanged and there are no substitutions.
- Results will be printed in a special edition of the Witness & can be viewed at our race website [www.pmb42.co.za](http://www.pmb42.co.za)
- Prizes / money will only be given for the race you enter.
- Temporary licences are available at R30.00 each for the Marathon or Half & R15 for the 10km. Trail runners do not require licences or temporary licences.
- Times will be called at the marathon halfway & 2 km's to go marks.
- The marathon is a Comrades AND Two Oceans Marathon qualifier (5 hours).
- Walkers must wear the correct 'W' identification tags on the front & rear of their vests, crop tops or T-shirts & these must be clearly visible, if they wish to qualify for the walker category prizes in the 10km or half marathon. Walkers are welcome to take part in the marathon but there will be no walker category prizes in this event.
- All participants must wear their race number on front & back of their vest, crop top or T-shirt. The number with the timing chip must be worn on the front.
- All three road races are run in strict accordance with the rules of the IAAF, Athletics South Africa & KwaZulu-Natal Athletics & these specific race rules.
- Age category identification (ie: J for junior, 35, 40, 50& 60) must be worn on the front back of your vest, crop top or T-shirt & must be clearly visible in order to qualify for the age category prizes in the event in which you are entered.
- Refreshment tables will be provided, & no personal seconding, except stand & hand, will be permitted. Second's vehicles will not be permitted to follow the athletes. Wheel chair/hand cycle entrants may be accompanied by a single cyclist (bicycle) to assist with seconding. For safety reasons, wheel chairs and hand cycles will only be permitted in the dedicated Quarter and Half Marathon on Saturday 25th February.
- There will be three road race prize-giving ceremonies. The first, for the half marathon, will take place at 9:15am, & the second, for the marathon, will take place at 10:30am. The prize giving for the 10km event will take place at 11:30am. The last finisher and lucky draw will take place after the final cut off gun at 12 noon.
- There will be lucky draw prizes for all three events & participants must have completed the event & be present at the prize-giving for the major prizes. Other lucky draw prizes will be awarded by means of a numbered sticker on individual random medals.
- You may enter the marathon & cut off at the half marathon, however only half marathon entrants will qualify for the 21.1 km prize money & trophies. Only marathon entrants will be allowed to continue past the turn around and/or complete the 42.2 km course. The same rule applies to the relevant trail distances.
- All marathon & half marathon entrants must collect their race number & timing chip from the registration venue between 9am & 8pm on Friday 24 or Saturday 25 February between 9am & 5pm, or before the start on Sunday 26 February between 4am & 5.15am. All 10km entrants who have pre-entered may collect their entries at the same times or between 7am & 8:30am on Sunday, prior to the start of the race. 'Late entries' for the 10km event will be sold up to and including 5pm on Saturday 25th February & these late entrants will not receive free Tee Shirts. All 5km & 15km Trail entrants must collect their race number & timing chip from the registration tables at the Registration Venue between 9am & 8pm on Friday 24th or Saturday 25th February, before the start between 6am & 7.15am. All Quarter and Half Marathon wheel chair and hand cycle entrants must collect their race number & timing chip from the registration tables at the Registration Venue between 9am & 8pm on Friday 24th or Saturday 25th February, before the start between 4am & 5.15am
- You may send a stamped self-addressed envelope with your entry for confirmation of our receipt of your entry, or check our website, [www.pmb42.co.za](http://www.pmb42.co.za).
- Postal entries received after 6 February will only be accepted if franked before 1 February.
- No queries will be attended to on race day after 5:00am.
- Participants who have not completed 21.1km by the 4 hrs 30 min will be called off the road.
- Marathon participants who have not passed the turn around by 3 hours (8.30am) will not be allowed to continue but may complete the half marathon until the 4 hours 30 minutes time limit. A similar rule will apply to Trail runners who have not passed the 5km turn in by 9am.
- Marathon participants who have not passed.....
  - 27 km mark by 4 hours & 30 minutes (10am)
  - 33 km mark by 5 hours (10.30am)
  - 36 km mark by 5 hours & 30 minutes (11am)
 Will be called off and must leave the road & will be transported to the finish venue. 10km participants who have not passed 4 km mark by 1 hour & 30 minutes (11am) will be called off and must leave the road & will be transported to the finish venue.
- ASA Licensed athletes are covered by limited ASA insurance. Refer to KZNA on 031 312 9374 for further details.
- All foreign athletes must comply with the IAAF rule 4, paragraph 2 & rule 142.
- All marshals, security officers, race officials, SA Police & SANDF members & traffic officials MUST BE OBEYED. Your safety is paramount to us.
- There will be a staggered entry fee structure.
  - Early bird entries close at midnight on 31st December and will be entitled to a free T-shirt each, to be collected at registration.
  - Normal entries close at the relevant advertised closing dates and will cost a little more for the half marathon and marathon but will be entitled to a free Tee shirt to be collected at registration.
  - 10km entries taken after the 12th February and up to 5pm on Saturday 25th February, will not be guaranteed nor entitled to a free tee shirt at registration.
  - Between the closing of entries (either the 5000 limit or the closing date) and 5pm on Saturday 25th February, 300 CHARITY entries will be made available for the Marathon and Half Marathon, at a cost of R300 each, for the 21,1km and R500 each, for the 42.2km. Proceeds of each charity entry will be divided equally and donated to the three official charities.



**Kidzone available on Saturday from 07h00 to 17h00 and Sunday from 04h30 to 12 noon. Marafuns from 4.2 km down to 42 metre Toddler Trot and 21 metre Nappy Crawl on Saturday afternoon from 14h00. SPCA 4km PawsWalk on Saturday morning after the trail runs.**



# The Witness



# Maritzburg city Marathon 2017

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**KHAYELIHLE**

Gold medals to all official finishers in the Marathon and silver medals to all official finishers in the Half Marathon. Gold medals to each of the winning men and women and silver medals to the second placed men and women in each of the 10km Road Race, both Trail runs and the Wheel Chair events. All other official finishers within, the respective cut off times, will each receive a bronze medal.

**Free T-Shirt to all Early Bird entrants!**

**Sat 25 & Sun 26 February 2017**

	Wheel Chair 10.55km	Wheel Chair 21.1km	5 km Trail	15 km Trail	10 km	HALF MARATHON	MARATHON
<b>Date:</b>	25 February 2017	25 February 2017	25 February 2017	25 February 2017	26 February 2017	26 February 2017	26 February 2017
<b>Start/Finish:</b>	Alexandra Park	Alexandra Park	Alexandra Park	Alexandra Park	Alexandra Park	Alexandra Park	Alexandra Park
<b>Start Time:</b>	5.30 am	5.30 am	7.30 am - staggered	7.30 am - staggered	9 am	5.30 am	5.30 am
<b>Cut-off Times:</b>	7.30 am	7.30 am	10 am	10 am	12 noon	9 am	12 am
<b>Early Bird Entries: Before 31 DEC 2016</b>	R100	R120	R100	R130	R120	R150	R200
<b>Late Entries:</b>	R120	R150	R100	R130	R150	R180	R230
<b>Charity Entries:</b>						R300	R500
<b>Closing Dates:</b>	6 pm, 8 Feb 2017	6 pm, 8 Feb 2017	6 pm, 24 Feb 2017	6 pm, 24 Feb 2017	4 pm, 25 Feb 2017	6 pm, 8 Feb 2017	6 pm, 8 Feb 2017

Generous cut off times, user friendly routes and wonderful support make these ideal entry level or "get a good time" events.



A Comrades and Two Oceans Marathon qualifier (5hrs). Medals to all official finishers inside the generous cut off times for each event.

## PRE ENTRY

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Hand delivered entries will be accepted at our race office if received, by us, before 6 pm (18:00) on Wednesday 8 February 2017. Postal entries received after 6 February will only be accepted if franked before 1 February. Post or deliver entries early. On line entries (with credit card payment) will close at Midnight on Sunday 12 February 2017. 300 Charity Entries will be made available after the closing dates. These Charity Entries will be sold until 4 pm on Saturday afternoon 25 February, or until they are sold out, whichever comes first. 50% of each of the Charity Entries will be distributed evenly between the three official charities.

For your convenience - Online entries - [www.pmb42.co.za](http://www.pmb42.co.za)



**"THE MARATHON OF CHOICE"**

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# Maritzburg city marathon 2017

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Open	Marathon		Half Marathon		10km	
	Men	Women	Men	Women	Men	Women
1	3 000	3 000	2 000	2 000	1 000	1 000
2	2 500	2 500	1 500	1 500	950	950
3	2 000	2 000	1 000	1 000	900	900
4	1 500	1 500	900	900	800	800
5	1 000	1 000	800	800	700	700
6	900	900	700	700	600	600
7	800	800	600	600	500	500
8	700	700	500	500	400	400
9	600	600	400	400	300	300
10	500	500	300	300	200	200
35 - 39	500	500	300	300	200	200
40 - 49	500	500	300	300	200	200
50 - 59	500	500	300	300	200	200
60+	500	500	300	300	200	200
Junior			300	300	200	200
Walkers		1	300	300	200	200
		2	200	200	150	150
		3	150	150	100	100

Wheel Chairs				Trail Runs				
Quarter Marathon		Half Marathon		5 km		15 km		
Men	Women	Men	Women	Men	Women	Men	Women	
1st	200	200	300	300	200	200	300	300
2nd	150	150	200	200	150	150	200	200
3rd	100	100	100	100	100	100	100	100

**We guarantee an additional R10 000 to the first man to finish the marathon (42,2km) under 2:15:00 and/or the first woman to finish the marathon (42,2km) under 2:45:00. All prizes are quoted in South African Rands**

This is a comfortable Half Marathon route starting and finishing in Alexandra Park, Pietermaritzburg. After looping through the Suburbs of Pelham and Bisley the route returns through Scottsville before turning into the older part of the City and passing the magnificent City Hall. Then it's back past Maritzburg College to the finish. The Marathon is two laps.

The 10Km will exit the Park and join the marathon route after about 2km. The last 8km runs with the Marathon route to the finish.

The Wheel Chair Quarter and Half Marathon route cover a 4km loop comprising Alexandra Road, Park Drive and College Road.

The trail runs run alongside the Msunduzi River down river right. The 5km trail crosses at Boshoff Street and returns upstream, crossing at the swing bridge to return to the stadium. The 15km continues downstream and crosses the river at Low Level Bridge to return and join the 5km from Boshoff Street.

**You'll never run such comfortable downhills without the pain of hard climbs!**

**Every effort is put into making your WITNESSMEDIHELP MARITZBURG CITY MARATHON, powered by CLOVER and KHAYELIHLE, a WAY BETTER EXPERIENCE.**



Office use: Reference No.

Office use: Race Number

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**M**aritzburg city  
marathon **2017**

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**KHAYELIHLÉ**

# 2017 ENTRY FORM

(Please tick the relevant boxes) Please PRINT clearly.

Early Bird Entries up to 31 December 2016	Entries after 31 December 2016	Temp. Licence (Additional with entry)
5 km Trail R100 <input type="checkbox"/>	R100 <input type="checkbox"/>	
15 km Trail R130 <input type="checkbox"/>	R130 <input type="checkbox"/>	
10 km R120 <input type="checkbox"/>	R150 <input type="checkbox"/>	R15 <input type="checkbox"/>
Half Marathon R150 <input type="checkbox"/>	R180 <input type="checkbox"/>	R30 <input type="checkbox"/>
Marathon R200 <input type="checkbox"/>	R230 <input type="checkbox"/>	R30 <input type="checkbox"/>
Wheelchair 10.55 km R100 <input type="checkbox"/>	R120 <input type="checkbox"/>	
Wheelchair 21.1 km R120 <input type="checkbox"/>	R150 <input type="checkbox"/>	

**Free  
T Shirt**  
to all Early  
Bird Entries!

Runner  Walker  Wheelchair

SA Citizen ID number OR Permanent Residence Number  
OR Foreign Visitor Passport Number

\_\_\_\_\_

Date of Birth

\_\_\_\_ Day    \_\_\_\_ Month    \_\_\_\_ Year

Age \_\_\_\_\_ years

On race day

Gender:  Male  Female

Surname

\_\_\_\_\_

First Name

\_\_\_\_\_

Email Address

\_\_\_\_\_

Cell

\_\_\_\_\_

Tel

\_\_\_\_\_

Postal Address

\_\_\_\_\_

Post Code

\_\_\_\_\_

Do you have a Medical Aid? yes  no

If yes name the medical aid scheme

\_\_\_\_\_

Province

\_\_\_\_\_

Do you need a Temporary License? yes  no

Club(in full)

\_\_\_\_\_

Licence No

\_\_\_\_

"TEMP" if you require a temporary licence.

Do you have a permanent number for the Maritzburg City Marathons? yes  no



If yes what is your permanent no. \_\_\_\_\_

How many 42,2 km Maritzburg City Marathons completed \_\_\_\_\_

T-Shirts  Small  Med  Large  XL  XXL

I would like to donate R \_\_\_\_\_ to Community Chest/Pink Drive/MBTB

### Direct Deposit Banking Details:

Account Name: **Capital Running**

Bank: **First National Bank (FNB)**

Branch: **Boom Street**

Account Number: **62548087198**

Branch code: **221325**

Please use your **LICENCE NUMBER** and **SURNAME** as reference for the deposit. If paying in **CASH**, please use the **FNB AUTO TELLER**. Please fax a **CLEAR** copy of your deposit slip with your **CLEARLY FILLED IN ENTRY FORM** to the Race Office on 0866167500. Please make sure that your **CONTACT TELEPHONE NUMBER** is clearly written on your deposit slip and entry form.

**INDEMNITY:** I am medically fit to run/walk/ride and fully understand that I enter at my own risk and the organisers and their sponsors will not be held responsible for any loss or injury during or as a result of the event, or for any loss or damage to property on the course or venue. This event is run in accordance with the rules of the IAAF, Athletics South Africa and KwaZulu-Natal Athletics. All foreign athletes must comply with IAAF rule number 4 paragraph 2 and rule 142. Postal entries and cheques must be received at our race office before 17H30 on Monday, 6 February, 2017. Hand delivered entries to the Race Office must be received before 18H00 on Wednesday, 8 February. Postal entries received after 6 February 2017 will only be accepted if franked before 1 February 2017. No manual entries received after this date and time will be considered.

Date: .....

Signature:.....

Make your cheque payable to: Capital Running and post it with your entry to: P.O BOX 407, PIETERMARITZBURG, 3200. Post-dated cheques will not be accepted. Dishonoured cheques will be subject to a R500,00 admin fee.

**Postal Orders will not be accepted!**