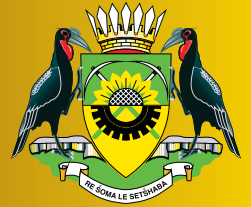


CDM 4-IN-ONE MARATHON



CAPRICORN
DISTRICT MUNICIPALITY

ENTRY FEES 2024

CATEGORY / ENTRY FEE / TEMP. LICENCE / STARTING TIME

42.2km	R300	R50	05:30
21km	R200	R50	05:30
10km	R150	R50	05:45
5km	R80	-	06:00

Please note that CDM - **21km** race is accredited for selection of the provincial marathon team.

*Comrades Marathon
&
Two Oceans Qualifier*
2024

**CASH
PRIZES**

R150 000

FREE T-SHIRTS FOR
FIRST 1,500 ONLINE
ENTRIES - EXCLUDING 5KM

17 FEBRUARY 2024

**Old Peter Mokaba Stadium
FROM 05:30**

REGISTRATION

- Online Registration is open from 01 Dec 2023 - 13 Feb 2024. Please visit www.peaktiming.co.za to register.
- Manual Entries & Race Number collection will be on 14 - 15 February 2024 from 10h00 - 19h00 at PAC Clubhouse & on 16 Feb we closing at 20h00. R10 manual fee will apply.
- Race will start on 17 February 2024 from 05h30 at Old Peter Mokaba Stadium.
- No registration on race day.

CONTACTS

Race Director @ 073 262 3894

FOR MORE INFO: THABANA MOKGOHLOA @ 083 623 8456

**WA & ASA & LIMA RULES WILL APPLY
WE PROMOTE A CLEAN RACE
FOOD & BEVERAGES WILL BE SOLD**



Re Soma le Setshaba



PHYSICAL ADDRESS
41 Biccard Street
Polokwane
0700

POSTAL ADDRESS
P.O. Box 4100
Polokwane
0700

CONTACT DETAILS
Tel: (015) 294 1000
Fax: (015) 291 4297
Email: info@cdm.org.za

EMERGENCY NO:
0800 666 777
ANTI-FRAUD LINE
0800 20 50 53



RACE RULES

REFEREES' DECISION IS FINAL

Obey all Traffic Officials and Race Marshals.

The race will be run according to the rules of WA, ASA, and LIMA.

No seconding will be allowed. No pacing of any kind.

Ages: Athletes for 10km must be 14 years or older on the day of the race.

Athletes for 21km and 42.2km must be 16 years or older on the day of the race

Proof of age (ID) to be produced upon request on day of race.

All athletes will participate at their own risk. Registered athletes must wear full club colours.

2024 license numbers on the **front and back** of the vest. Temporary license at the front on the vest.

Remember to complete the **Temporary license tear off slip** immediately and hand it back to the organizer.

Age category ID tags must be clearly displayed for the duration of the event (back and front) by athletes competing for a category prize and must be fixed on all 4 corners and not be covered by rain jacket or any shirt.

Asa license numbers must not be covered with any paper race numbers /race bib.

This is a close competition for runners, walkers with a fix "W" welcome.

Any Foreign athlete must have a conformation letter or permit form their Sport federation required under IAAF Rule 4 from taking part in the event.

No littering, please make use of waste boxes on the route – RUN CLEAN All participates must take note that photographs might be taken at the event and placed on social media.

POSITION	CATEGORY	DISTANCE		
		42.2KM	21KM	10KM
1ST	OPEN	R11000	R6000	R2000
2ND		R7000	R3500	R1250
3RD		R4000	R2000	R800
4TH		R2000	R1000	R500
5TH		R1300	R750	R300
1st	JUNIOR An Athlete 19 years or younger on 31 December in the year of the competition.	Not allowed in terms of ASA Rule - 121	R2000	R900
2nd			R1000	R600
1ST	40 - 49 An Athlete reached the age on the day of the competition	R2500	R1700	R800
2ND		R1500	R1000	R500
3RD		R1000	R700	R400
4TH		R800	R400	300
1st	50 - 59 An Athlete reached the age on the day of the competition	R2500	R1200	R600
2nd		R1500	R800	R300
3rd		R1000	R400	R200
1ST	60 - 69 An Athlete reached the age on the day of the competition	R1500	R800	R400
2ND		R1000	R400	R200
1ST	70+ An Athlete reached the age on the day of the competition	R1500	R800	R400