



CDM 4-IN-ONE MARATHON *Comrades Qualifier*



ENTRY FORM

- Entries** : Online Entry Only at: www.peaktiming.co.za: Closing 19th February 2023
Starting Time : 06:00 for 42.2km and 21 km and 6:10 for 10 km, and 6:20 for 5km
Venue : Old Peter Mokaba Stadium
Contact person : Race Director @ 073 262 3894 or Abel Rakoma @ 079 222 7289

ENTRY FEES

| | |
|--------------|------|
| 5km | R80 |
| 10km | R150 |
| 21 km | R170 |
| 42.2 km | R270 |
| Temp Licence | R50 |

| | | | | | | | |
|----------------------|----------------------|----------------------|----------------------|---------------|--------------------------|--------------------------|--|
| SURNAME : | | | | | NAME : | | |
| TEL : | | | | | ID : | | |
| DATE OF BIRTH | <input type="text"/> | <input type="text"/> | <input type="text"/> | GENDER | <input type="checkbox"/> | <input type="checkbox"/> | |
| | Year | Month | Day | | M | F | |

| | | | | | | | | |
|---|-------|--------------------------|------|--------------------------|------|--------------------------|--------|--------------------------|
| 2023 LICENSE NUMBER / TEMPORARY LICENSE NR : | | | | | | | | |
| CLUB : | | | | | | PROVINCE | | |
| DISTANCE : | 5km | <input type="checkbox"/> | 10km | <input type="checkbox"/> | 21km | <input type="checkbox"/> | 42.2km | <input type="checkbox"/> |

| | | | | | |
|---------------|----------------------|-------|-------|-----|-----|
| Juniors 15-19 | OPEN 20-39 | 40-49 | 50-59 | 60+ | 70+ |
|---------------|----------------------|-------|-------|-----|-----|

- Manual entry is from 22-23 february 2023 from 09h00 - 18h00 at PAC clubhouse. on the 24th is from 09h00 - 20h00. R10 manual entry fee will apply.
- Race number collection on 24 february 2023 from 09h00 - 20h00 at pac clubhouse. on 25 february 2023 from 04h30 - 05h45 at pac clubhouse.

I declare that I am an amateur athlete. I hereby indemnify the sponsors, Polokwane Athletic Club, Athletic South Africa as well as Limpopo Athletics against a claim that may result from my participation in the event.

I undertake to abide by the race regulations and rules of WA, ASA and LIMA. I declare that the information supplied on this entry form is correct.

.....
Signature

.....
Guardian (if under 21)

.....
DATE

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.

2023 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 | <u>OPEN</u> | R9000 | R4500 | R1500 |
| 2ND | | R6000 | R3000 | R1000 |
| 3RD | | R3000 | R1500 | R600 |
| 4TH | | R1500 | R800 | R400 |
| 5TH | | R1000 | R600 | R200 |
| 1st | <u>JUNIOR</u> An Athlete 19 years or younger on 31 December in the year of the competition. | Not allowed in terms of ASA Rule - 121 | R1500 | R700 |
| 2nd | | | R800 | R400 |
| 1ST | <u>40 - 49</u> An Athlete reached the age on the day of the competition | R2200 | R1500 | R700 |
| 2ND | | R1200 | R800 | R400 |
| 3RD | | R800 | R600 | R300 |
| 4TH | | R600 | R300 | 200 |
| 1st | <u>50 - 59</u> An Athlete reached the age on the day of the competition | R2200 | R1000 | R500 |
| 2nd | | R1200 | R600 | R200 |
| 3rd | | R800 | R300 | R150 |
| 1ST | <u>60 - 69</u> An Athlete reached the age on the day of the competition | R1200 | R600 | R300 |
| 2ND | | R800 | R300 | R150 |
| 1ST | <u>70+</u> An Athlete reached the age on the day of the competition | R1200 | R600 | R300 |