

All entries to be paid in full, once numbers have been reached, no entries to be allowed.

Between the closing of entries (either the advertised limits or the closing date) and 5pm on Saturday 30 April 2022, 320 Charity entries will be made available for the marathon and half marathon, at a cost of R420 each, for the 21.1km and R520 each, for the 42.2km. Proceeds of each charity entry will be divided equally and donated to charities : National Sea Rescue, Project Rhino, Pink Drive

Each entrant in the road 42.2km, 21.1km and 10km races is reminded that they MUST wear BOTH their ASA license numbers (front and back) and the two race numbers issued MUST BE WORN OVER the bottom part of the ASA number, leaving the Year, Province and ASA sponsor's logos exposed.

ONLINE ENTRIES

In order to capture all data, and particularly those runners applying for Elite / Contender / good for age status, it is preferable that entry is done online using webtickets.co.za, entries can also be made at Pick N Pay or Boxer Stores Cut-off date 15 April 2022 or when entry limits are reached.

LICENSED ATHLETES

All licensed entrants who belong to a club and are in possession of a valid 2022 license number must wear both license numbers, one on the front & one on the back of their vest.

- The race number issued by the organisers must also be worn on the front of the vest, over the license number however not covering any ASA sponsors.
- Contenders will be provided with two numbers; one for the front and one for the back.

UNLICENSED ATHLETES

Unlicensed athletes must purchase a temporary licence number. This number must be worn on the back of plain clothing and the race number issued by the organizers must be worn on the front. No advertising.

TOG BAGS

Tog bag facility will be at the start and runners will collect at finish, Msunduzi Athletics Stadium.

TIMING

Finishtime will be used to time the 42.2km, 21.1km and 10km events and disposable timing chips (race bibs) will be provided.

ID TAGS

Numerical age category tags must be worn on the front and back of vests.

- Proof of age must be produced on request on the day of the race.
- 'W' tags are required for walkers competing for prize money.

MINIMUM AGES

- 14 years for the 10km
- 16 years for the 21,1km
- 20 years for the 42,2km

LISTENING DEVICES

For safety reasons, participants are not allowed to use earphones, iPods, etc during the race. This excludes hearing aids

INDEMNITY

Athletes indemnify the national, provincial and regional bodies as well as sponsors and organisers of the race against all or any actions whatsoever nature, Whether same may arise out of their participation in the race or otherwise. Entries cannot be refunded, returned or exchanged on account of weather or unforeseen events occurring beyond the control of the event organisers.

I also grant my permission to the Organiser's or its agents, in terms of Section 51 of the Electronic Communications Transactions Act 25 of 2002, to use my name, race information and any photographs, video tapes, broadcast and/or telecast footage in which I may appear, for whatever use, at no charge. Refer to POPI Act.

Race Director

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Visit our website

www.capitalcity42.co.za



**Capital City
MARATHON**

2022



Comrades Marathon Qualifier

1 MAY 2022

START

City Hall PMB

FINISH

Msunduzi Athletics Stadium PMB

START TIME

42.2KM - 06:00AM

21.1KM - 06:00AM

10KM - 07:00AM





ENTRY FEES

Entry Distances	10KM	21.1KM	42.2KM
Early Bird Valid Until 15 April 2022	R150	R210	R320
General	R210	R320	R400
Temporary License	R50	R80	None

PRIZES

	10KM	21.1KM	42.2KM
Open	1 st R1500 2 nd R1000 3 rd R750	R2500 R1500 R1000	R10 000 R5000 R2500
35-39	1 st R500 2 nd 3 rd	R500 R300	R500 R300 R200
40-49	1 st R500 2 nd 3 rd	R500 R300	R500 R300 R200
50-59	1 st R500 2 nd 3 rd	R500 R300	R500 R300 R200
60	1 st R500 2 nd 3 rd	R500 R300	R500 R300 R200
Junior	1 st R500 2 nd	R500 R300	
Walkers	1 st R500		

RULES & INFORMATION

- All entrants will participate under the rules of WA, ASA and KZNA and it is the athlete's responsibility to familiarize themselves with the rules.
- ASA licensed athletes are covered by limited ASA insurance. Contact KZNA on 031 312.9374 for further information
- In addition to the above there are specific race rules that will be enforced: by agreeing to enter the event, the athlete automatically agrees to abide by the above rules, race rules, and any final instructions issued prior to race day.
- Foreign runners whether long stay or visiting must apply for the (new) foreign temporary number and have a specific waiver to compete. For this reason entry must be made directly through the race office.

**ATTENTION IS DRAWN TO THE ASA RULES 7 AND 34.
NOTE THAT NON CONTENDER RUNNERS HAVE SEVERAL BENEFITS INCLUDING THE USE OF MAT TO MAT TIMING AND A RELAXATION OF CERTAIN RULES UNDER WA RULE 100**

- Runners must declare if they meet and wish to be considered as Contenders for awards, or not. This includes age group / good for age runners: The criteria to qualify for this seeding is provided in a table based on Distance, Gender and age: (see ASA rule 7 and 34 in particular)
- Marshals, security officers, race officials, SAPS & SANDF members and traffic officials must be obeyed at all times. Failure to comply with their instructions will lead to immediate disqualification. Your safety is paramount to us.
- NO SECONDING OR VEHICLES WILL BE ALLOWED on the route:
- The race committee reserves the right to accept or reject any entry.
- Subject to WA rule 146.2, the Referee's decision is final.
- Regret no wheelchair athletes, blade, cyclist or mechanically operated device allowed in the races.
- No animals are allowed in the races.
- Dispose your water sachets, at the side of the road AND at the recycling bins at the refreshment stations. (see also ASA Rule 28)
- Refreshment stations (+3km) will provide Coke and water sachets. Do your bit to ensure that the race is litter free.

CUT-OFF TIME

Marathon participants who have not passed the half marathon turn in by 3 hours 15 minutes (9:15) will not be allowed to continue but may complete the half marathon until the 4 hours' time limit.
Participants who have not completed 21.1km by the 4hrs will be called off the road.

10KM - 10:00am (3 hours)
21,1KM - 9:30am (3:30 hours)
42,2KM - 12:00pm (6 hours)

Marathon

- 24 km mark by 4 hours (10am)
- 27 km mark by 4 hours & 30 minutes (10:30am)
- 31 km mark by 5 hours (11am)
- 36 km mark by 5 hours and 30 minutes (10.30am)
- 42,2 km mark by 6 hours (12pm)

REGISTRATION

Entrants must collect their race numbers from the registration venue between 10am & 6pm on Friday 29 or Saturday 30 April 2022 between 9am & 5pm, no collection on race day.

All covid protocol will be observed

No Queries will be attended to on race day

All races will be pre- entries. 'Late entries' for the 10km may be sold, if the safety cap(limit)has not already been reached, up to and including 5pm on Saturday 30 April & these late entrants will not receive free tee shirts.

ENTRIES CAP

10km - 2500
21,1km - 2500
42,2km - 5000

Entries open on Tuesday, 8 March 2022 and will close on 15 April 2022 or once entry limits have been reached.