

# VOLKSRUST MARATHON CLUB

**21  
JAN  
2023**



TIME  
VENUE  
ROUTE

Starts 6:00 for Runners and Walkers Cut off 11:00  
Start and Finish at VOLKSRUST HIGH SCHOOL  
Out and back, undulating course, tarred road, water points every  
2km, 42.2km race will include 5km gravel road

• Comrades Qualifier

**42km, 32km, 21.1km, 10km race & 5km fun run**  
Walkers welcome, as long as they finish at 11:00

### Volkstrust Race entry fees

Distance	Starting Time:	Entry fee
42.2km	06:00	R200-00
32.0km	06:00	R160-00
21.1km	06:00	R140-00
10.0km	06:00	R 80-00
5km	06h10	R50-00

Temporary Licenses:  
R40-00 for 42, 32, 21, 10 km races / Walkers / (60+) 1 Free

**5 KM  
FUN  
RUN**

**Pre - entry only!**

Entries Close on Wednesday 18 January 2023!!!

[www.volkstrust.com](http://www.volkstrust.com)

To raise funds for:

**Volkstrust  
Helpende  
Hand**

- Solidariteit

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**STUCKY MOTORS  
GROUP**  
**HAVAL**

## PRIZE MONEY

Runners only



Men and Ladies	42.2km	32km	21.2km	10km
1 <sup>st</sup>	R1200-00	R800-00	R600-00	R500-00
2 <sup>nd</sup>	R1000-00	R700-00	R500-00	R400-00
3 <sup>rd</sup>	R800-00	R600-00	R400-00	R300-00

### Runners

Gold medals to the first 5 men and ladies in each race.  
Silver medals to position 6-15  
bronze medals to all finishers within 5 hour cut off.

### Prize giving

Prize money will be given as you finish at finishing line

### Prize money

First 3 male & female finishers

### NO Category Prizes

### RACE RULES:

- REFEREE'S DECISION IS FINAL
- All Covid 19 protocol needs to be adhered to.
- Obey all Traffic Officials and Race Marshals.
- The race will be run according to the rules of ASA, WA (World Athletics) & AMPU House rules.
- 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 21.1km must be 16 years or older on the day of the race / Athletes for 42.2km must be 20 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.
- 2022/ 2023 license numbers on the front and back of the vest.
- Temporary license at the front of the vest.
- 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 participants must take note that photographs might be taken at the event and placed on social media.
- The use of earphones during the race will lead to disqualification



Available at the  
School tuck shop

For Further information: Jopie Jordan: 083 780 2629 Linda Duvenage: 083 7334621  
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