



10 AUG 2024
INKAMANA
 HALF MARATHON

7 AM (Inkama Abbey Sports Ground Vryheid, KZN)

R240 (R260 Late Entries)
Excl Services Fees
21.1kms
 Minimum Age (16)
 temp licence **R80**
 First ZDM Athlete to Finish will get
 R5000 for 21.1Kms

R160 (R180 Late Entries)
Excl Services Fees
10kms
 Min. Age (14)
 temp licence **R50**

R100 (R110 Late Entries)
Excl Services Fees
5kms
 Min. Age (9)
 (NA)

T-Shirts and Medals For
 All Finishers

Prizes

- 1st **R10000**
- 2nd **R5500**
- 3rd **R4000**
- 4th **R3000**
- 5th **R2000**
- 6th **R1700**
- 7th **R1400**
- 8th **R1100**
- 9th **R900**
- 10th **R800**

Juniors
 Veterans (40-49)
 Masters (50-59)
 Grand Masters (60-69)
 Grand-Grand Masters (70+)

Prizes

- 1st **R5000**
- 2nd **R2500**
- 3rd **R1500**
- 4th **R1300**
- 5th **R1100**
- 6th **R1000**
- 7th **R800**
- 8th **R700**
- 9th **R600**
- 10th **R500**

Prizes

Complementary

Category Winners 21Km R450 / 10Km R400



His Worship the Mayor
M.B Khumalo
 Zululand District Municipality



His Worship the Mayor
S.E Mkhwanazi
 Abaqulusi Local Municipality

Entries available at Boxer, Pick 'n Pay or online at:
www.webtickets.co.za & www.peaktiming.co.za/entries

Enquiries: Thami 067 112 8099 / Minenhle 073 763 9998



Race information:

- **Entries:**
 - Early online entries will close on Friday, 02-Aug-24.
 - Late online entries will start on Saturday 03-Aug-24, when late entry fees will apply.
 - Late entries (online on Peak Timing) will be taken at the race venue on Friday and on Saturday morning until 06h30
 - **Runners are encouraged to self-register online before going to the venue to race number collection**
 - Webtickets (incl. Pick 'n Pay & Boxers stores) online entries will close Monday night 05-Aug-24, 11:59 pm **Enter at www.webtickets.co.za and Pick 'n Pay & Boxer stores**
 - Peak Timing online entries are open until race day morning Saturday 10-Aug-24, 06:30 am. **Enter at www.peaktiming.co.za**
- **Substitutions:**
 - Substitutions will be allowed on Friday 09-Aug-24, at collections, for a fee.
 - **NO SUBSTITUTION** will be done **ON RACE DAY**.
- **Collections:**
 - Race numbers can be collected at race venue, Inkamana Abbey on
 - Friday 09-Aug-24, 10:00 am – 06:00 pm
 - Saturday 10-Aug-24, 05:00 am – 06:45 am
- **Tog bags:**
 - A tog bag area will be provided at the race venue
 - Runners will **leave their belongings** on the tog bag area **at their own risk**

Race rules:

1. The race is run under the rules of the WA, ASA, and the KZNA.
2. The 21.1km race is open to all licensed and all non-licensed runners/walkers of 16 years and over. The 10km race is open to all licensed and non-licensed runners/walkers of 14 years and over. The 5km fun run is open to all runners/walkers of 9 years and over.
3. We regret that due to the nature of the course, wheelchair athletes cannot participate.
4. All foreign athletes must abide by the WA Rules CR 1.7, TR 4.1, TR 4.2.
5. All participants must abide by the rules of the event for WA, ASA, and KZNA.
6. Participants partake at their own risk and hereby indemnify the national and provincial bodies, sponsors, and race organisers against any action or claim of whatever nature which may result from the athlete's participation in the event.
7. No personal seconding is allowed. Waterpoints at every 3km will have adequate refreshments.
8. Runners must obey all marshals, technical officers and traffic officers at all times.
9. No ear plugged devices are allowed during the race, excluding the hearing aid devices in accordance with WA Rule TR 6.3.2
10. All athletes participate at their own risk. Athletes acknowledge that by entering the event, they are medically fit to participate. All athletes must supply the name of their next of kin on both the race number and entry form.
11. No pets are allowed.
12. Licensed athletes must wear club colors and their 2024 ASA license number back and front of the vest, with race number worn at the front of the vest but not obscuring the ASA license. The race number must be placed so that the ASA license sponsor and the ASA Province/Year remains visible above the race number. The license numerals may be covered.

13. Athletes who fail to adhere to this rule may be disqualified - refer to ASA Rule 26.1.8 13. Licensed athletes who do not wear their 2024 license numbers must purchase a temporary license or face disqualification. A disqualified athlete will not be eligible for any prize or medal.
14. Athletes may NOT replace ASA license numbers with race numbers under any circumstances.
15. New ASA age category (60mm to 80mm) tags & "W" walker tags must be worn on front & back of vest and must be clearly visible to qualify for age category prizes.
16. ASA rule 22: Junior athletes (19 years or younger on 31st December 2024) must wear a "J" on the upper front and back of vest or crop top to be eligible for prizes, if any; and must provide proof of age on race day.
17. A temporary license must be worn at the back of the vest and the race number at the front of the vest. Temporarily licensed runners are eligible for prizes.
18. ASA Rule 25.6.15: Temporarily licensed athletes are not covered by a national insurance policy.
19. Should the race be cancelled due to unforeseen circumstances, NO refunds will be processed.
20. Cut off times: 21.1 km is 3 hours 30 minutes; and 10km is 2 hours.
21. 21.1km entrants may finish only the 10km if desired but will not qualify for 10km prizes.
22. Prize giving will commence at 09h30 a.m. Proof of age is required for all category prizes' winners.
23. Objections must be lodged in writing within 30 minutes before or after prize giving to the Chief Race Referee accompanied by deposit of R500 which is refundable if appeal is upheld or forfeited if the appeal is unsuccessful.
24. Place the litter at the stations that will be available at all waterpoints and along the route.