

PROUDLY SPONSORED BY

NO LITTERING ON OUR ROADS!



IAAF Rule 28.5 makes provision for a Race Referee to warn an athlete by showing a yellow card and exclusion by showing a red card. No littering rule will apply!

Bluff AC asks that you hold onto your sachets/cups and dispose of them with all your other litter in the bins that will be provided.



- Current licenses, age category and walker tags must be clearly worn on the front and back of the vest/crop top. Club colours must be worn.
- Temporary licenses (if applicable) must be worn on the back of the vest/crop top with the race number on the front. Temporary licensed athletes must wear a plain coloured vest/crop top with no advertising.
- Refreshment stations will be provided along the route. No personal seconding permitted
- Prize giving will take place at 11h00. Category winners must supply proof of age (ID/Drivers Licence)
- Cut-off 42.2km: 6hrs (11h00) / 21.1km and 15km walk 3½hrs (08h30). Athletes still on route should retire
- How to enter: Online registration: www.eventtiming.co.za (closes 1-week prior)
- Manual registration and race number collection will take place on **Saturday 16th November** from Fynnlads Combined Sports Club from 12h00 to 17h00.
- **NB!! NO REGISTRATIONS WILL BE TAKEN ON SUNDAY MORNING. Only Race Number collection from 04:00 to 04:45**
- Race to be run according to rules laid down by IAAF, ASA & KZNA. All entrants to abide by these rules. All foreign athletes must abide by IAAF Rules 4.2 22.1, 142 and ASA Rule 9.
- Marshalls, Technical Officials and Traffic Officers must be obeyed at all times.
- All entrants participate at their own risk and organisers will not be held responsible for any loss of property or injury during or after the event.

HOW TO ENTER:

Online entries available from 01 August 2019 on www.eventtiming.co.za



T-Shirts to all online entries.
Medals to all finishers.



BLUFF MARATHON 2019

17 November 2019 @ 05:00

- 42.2km Challenge @ R200 (temp @ R50)
- 21.1km run @ R150 (temp @ R40)
- 15km walk @ R100 (temp @ R30)
- 70+ Age group = Free Entry

Start and Finish:

Fynnlads Combined Sports Club
55 Smith Drive
Bluff

PRIZES (M/F)

| | 42KM | 21KM | 15KM |
|-----------------------|----------|----------|----------|
| 1 st | R1500.00 | R1000.00 | R 500.00 |
| 2 nd | R1000.00 | R 500.00 | R 300.00 |
| 3 rd | R 700.00 | R 350.00 | R 200.00 |
| 1 st 40-49 | R 200.00 | R 150.00 | R 100.00 |
| 1 st 50-59 | R 200.00 | R 150.00 | R 100.00 |
| 1 st 60-69 | R 200.00 | R 150.00 | R 100.00 |
| 1 st 70+ | R 200.00 | R 150.00 | R 100.00 |

