



YA LLA MELODI YA TOKOLOHO



MACUFE HALF MARATHON AND BIG WALK

Proudly presented by:

Free State Dept of Sport, Arts, Culture and Recreation in
partnership with ZigZag Athletic Club and Mangaung Metro Municipality

04 October 2014

Half Marathon- 21.1 km - R30.00 + Licence

Start Venue: Free State Sport Science Institute, President Brand & Victoria, Road Oranjesig, BFN

Finish Venue: Mangaung Outdoor Sport Centre, Phale Street, Rocklands, BFN

Big Walk- 7.2 km - FREE- Register at Start venue

Start Venue: Maphikela House next to Batho Police Station

Finish Venue: Mangaung Outdoor Sport Centre, Phale Street, Rocklands, BFN

Senior Walk- 2 km - FREE- Register at Start venue

Start Venue: Seisa Ramabodu Stadium

Finish Venue: Mangaung Outdoor Sport Centre, Phale Street, Rocklands, BFN

START TIMES

21.1 km Road Race: 06h00

7.2 km Fun Walk: 08h00

ENQUIRIES

Mr. Martin Yawa (Marathon) |

082 904 9816

thuthu@sacr.fs.gov.za

Me. Mamoruti Monama (Big Walk)

079 881 9551

mamoruti@sacr.fs.gov.za

Men (Open)		Ladies (Open)	
1st	R8 000	1st	R8 000
2nd	R5 000	2nd	R5 000
3rd	R3 000	3rd	R3 000
4th	R1 000	4th	R1 000
5th	R800	5th	R 800
6th	R700	6th	R700
7th	R600	7th	R600
8th	R500	8th	R500
9th	R400	9th	R400
10th	R300	10th	R300
Category			
Men		Ladies	
junior	R1 000	junior	R1 000
40+	R1 000	40+	R1 000
50+	R1 000	50+	R1 000
60+	R1 000	60+	R1 000

Rules and general information

	21.1km	Big Walk	Senior Citizens Walk
1. Date	04 Oct 2014	04 Oct 2014	04 Oct 2014
2. Start	Free State Sport Science Institute	Maphikela House	Seisa Ramabodu Stadium
3. Time	06h00	08h00	09h00
4. Cut-off	3 hours (09h00)	None	None
5. Minimum age	15 years	None	60+
6. Entry fee	R30,00	None	None
7. Entries from	04h45	07h00	08h00
8. Temporary license	R25,00	None	None
9. Prize giving	10h30	None	None
10. Distance markers at every kilometer			
11. Refreshments at every 3 km			
12. No seconding will be allowed on route			
13. Registered athletes must wear the 2014 license on front and back of vest			
14. Age tags must be worn on front and back of vest			
15. All officials and traffic rules must be obeyed at all times			
16. Marathon is presented under the Rules of ASA and IAAF			
17. First 180 finishers will receive medals			
18. No medal will be handed to an athlete who is not in possession of an entry ticket at the finishing point and will be disqualified			
19. Walkers welcome – bring kiddies and prams for Big Walk			
20. Grandmasters free entry – 60+ age group			
21. No prize money for Big Walk			
22. Marathon Runners - No Earphones (IAAF Rule 144.2b), Animals (ASA Rule 21.4.1) or Racers (ASA Rule 21.4.3) allowed on all distances.			
23. Payments can be made on raceday at the venue.			
24. Submit entries via Email to: macufehalfmarathon@sacr.fs.gov.za or Fax to : 086 681 6369			

ENTRY FORM

PRINT CLEARLY USING BLOCK LETTERS

NAME: _____ SURNAME: _____

Address: _____

ID NO. / PASSPORT NO.: _____ AGE AT RACE DATE: _____

ATHLETICS CLUB: _____ License: _____ Category: _____

PROVINCE: _____ Contact Number: _____

E-MAIL: _____

I declare that I participate at own risk and that I indemnify the club, event organisers and sponsors of the race against any claim which may arise from my participation.

Signature: _____ Date: _____

Parent/Guardian: _____ Date: _____