



RULES AND INFORMATION

1. Race under the rules of IAAF, ASA and KZNA.
2. Age restriction:
 - 42.2 km: The participant must be 20 years or older on race day.
 - 21.1 km: The participant must be 16 years or older on race day.
 - 10 km: The participant must be 14 years or older on race day.
3. All foreign athletes must abide by IAAF rules 4.2, 22.1 and 142 ASA rule 9.
4. ASA/KZNA approved age tags to be worn on upper front and back of vest/crop top, to be eligible for age category prizes.
5. The race number must be worn over the permanent license number on the front of the upper body clothing and be placed so that the ASA province year remain visible above the race number (ASA Rule 26.1) Temporary license athletes must wear the race number on the front upper body clothing.
6. 2019 license number must be worn on the back and front of vest.
7. Race numbers and license numbers must not be worn on shorts/tights.
8. Temporary license must be worn on back of vest and the completed tear-off slip must be lodged with the organisers at the end of the race.
9. Cut-off times:
 - 42.2 km - 6 hours
 - 21.1 km - 3hrs 30 min
 - 10 km - 1hr 30 min
10. 42.2 km Comrades qualifier: 4 hours and 50 min
11. Result will be sent via sms and finish time website <http://www.finishtime.co.za>
12. Disqualified athletes will not be eligible for any incentives/giveaways
13. No cash will be handed to winners at prize-giving. Prize money winners will lodge their banking details with organisers and EFT payment will be effected.
14. Marathon halfway cut-off: 2hrs 45 min.
Runners arriving at halfway after this time will be removed from the race by race officials.
15. Proof of age may be required for age category winners.
16. Participants must obey the race officials, marshals and traffic officers.
17. Your entry fee will not be refunded if you do not participate.
18. Walkers: KZNA/APA approved "W" walker tags must be worn on top front and back of vest in order to be eligible for prizes.
19. Prize money for only the race you enter.
20. Refreshment stations every 3 km and no personal seconding will be allowed.
21. Public parking: Mustering field opposite Moses Mabhida Peoples Park