

Pre-race-day entry required for 42km and 21km  
10km pre-entry with t-shirt or race day entry – no t-shirt

# INIT FOR THE LONG RUN

## DELOITTE PRETORIA MARATHON 2016

**Date**  
Sunday, 28 February 2016

**Venue**  
Pretoria High School Old Boys Club  
Hofmeyr Park  
c/o Kings Highway and Queens Crescent  
Lynnwood  
GPS Coordinates: S25.45.64.4 E28.15.22.8

**Start**  
06:00 (42.2km and 21.1km run)  
06:20 (10km run/walk)

**Cut-off time**  
11:30 (all events)

**Prize-giving**  
08:00 (10km run/walk)  
09:00 (21.1km run)  
10:30 (42.2km run)

**Race info**  
Graham S 076 246 5185  
Graham G 073 171 7509  
Rene 079 889 8484  
Gustav 082 787 4949

For race information, please visit:  
[www.deloitte.com/za/ptamarathon](http://www.deloitte.com/za/ptamarathon)  
[www.raceresults.co.za](http://www.raceresults.co.za)



**Athletics  
Gauteng North**



**Deloitte.**

Hosted by  
**PHOBIANS**  
athletic club



# Entry form

## for official use only

Race number

Temp.

licence no.



For every entry received, **R2.50** will be donated to the Adopt-a-School Foundation

Event:	42.2km	21.1km run	10km run	10km walk	Temp. licence	Total
Entry Fees	R150 Only until 27 February NO RACE DAY ENTRY	R100 Only until 27 February NO RACE DAY ENTRY	R70	R70	R30	
Athletes over 70 years enter for FREE but must be licenced or purchase a temporary licence					R30	

TOG BAG AREA AVAILABLE • FIRE EXTINGUISHERS MANDATORY WHERE CLUBS ARE BRAAIING – NO OPEN FIRES • ENTRY FEES NON REFUNDABLE

Technical t-shirts will be given to the first 5 500 pre-entries. Wheelchair athletes are advised that the 10km is recommended. Those attempting the 21km over Klapperkop will require assistance over the animal grids.

Surname:               Initials:    Gender: Male  Female

First name:

Cell no:

ID number:               Age on race day:

Age Category: Junior  Open  40 – 49  50 – 59  60 – 69  70 – 79  80+

2016 Licence no.  Province:

Club:

T-shirt size: (mark with X)  S  M  L  XL  XXL

Email address

### To be signed by all competitors:

I agree to abide by the rules of the event. I will participate in the race at my own risk and hereby indemnify the national and provincial bodies, sponsors and organisers of the race against any action or claim of whatever nature, which may result out of my participation in the event.

.....  
Signature of entrant

.....  
Date

.....  
Signature of parent/guardian  
(if under age of 18 years)

42km & 21km PRE-ENTRY ONLY RACES  
10km Entries will be available on race day

# Time incentives

42.2km	R5 000 1 <sup>st</sup> man to better 2:22:19 (2014 – Raphael Segodi) R5 000 1 <sup>st</sup> woman to better 2:50:40 (2014 – Yolandi McClean)
21.1km	R3 000 1 <sup>st</sup> man to better 65:25 (2013 – Kgosi Tsosane) R3 000 1 <sup>st</sup> woman to better 76:06 (2007 – Thabita Tsatsa)
10km run	R2 000 1 <sup>st</sup> man to better 29:38 (2013 – Gladwin Mzazi) R2 000 1 <sup>st</sup> woman to better 34:40 (2013 – Rutendo Nyahora)

## Prize money

Category		Men	Women	Men	Women
		Marathon		Half Marathon	
Open	1 <sup>st</sup> Place	R 5 000	R 5 000	R 3 000	R 3 000
	2 <sup>nd</sup> Place	R 3 000	R 3 000	R 2 000	R 2 000
	3 <sup>rd</sup> Place	R 2 000	R 2 000	R 1 000	R 1 000
40 – 49	1 <sup>st</sup> Place	R 2 500	R 2 500	R 1 500	R 1 500
	2 <sup>nd</sup> Place	R 1 500	R 1 500	R 1 000	R 1 000
	3 <sup>rd</sup> Place	R 1 000	R 1 000	R 300	R 300
50 – 59	1 <sup>st</sup> Place	R 2 000	R 2 000	R 1 000	R 1 000
	2 <sup>nd</sup> Place	R 1 000	R 1 000	R 500	R 500
1 <sup>st</sup> Place 60 – 69		R 1 000	R 1 000	R 500	R 500
1 <sup>st</sup> Place 70 – 79		R 500	R 500	R 500	R 500
1 <sup>st</sup> Place 80+		R 500	R 500	R 500	R 500
1 <sup>st</sup> Place Junior		n/a	n/a	R 100	R 100
Category		10km run		10km walk	
		Men	Women	Men	Women
Open	1 <sup>st</sup> Place	R 2 000	R 2 000	R 1 000	R 1 000
	2 <sup>nd</sup> Place	R 1 000	R 1 000	R 500	R 500
	3 <sup>rd</sup> Place	R 500	R 500	R 300	R 300
40 – 49	1 <sup>st</sup> Place	R 1 000	R 1 000	R 500	R 500
	2 <sup>nd</sup> Place	R 500	R 500	R 300	R 300
	3 <sup>rd</sup> Place	R 250	R 250	-	-
50 – 59	1 <sup>st</sup> Place	R 1 000	R 1 000	R 500	R 500
	2 <sup>nd</sup> Place	R 500	R 500	-	-
1 <sup>st</sup> Place 60 – 69		R 750	R 750	R 500	R 500
1 <sup>st</sup> Place 70 – 79		R 500	R 500	R 500	R 500
1 <sup>st</sup> Place 80+		R 500	R 500	R 500	R 500
1 <sup>st</sup> Place Junior		R 100	R 100	R 100	R 100

## Entry information

Online entries close Sunday 14 February 2016.  
Entries at stores close Wednesday 24 February.

Entries at PHOBIANS club for all 3 distances available on Friday 26 and Sat 27 February from 11h00 to 18h00.

Entries for the 10km will be available on race day from 04h30 to 06h15. Note: No t-shirts will be handed out on race day.

## Store Entries (Collection at the store)

### Pretoria

- Run-A-Way Sport (012) 361 3733  
(302 Freesia Street Lynnwood Ridge)
- Runners Store (012) 320 0048/55  
(The Tramshed Centre)
- The Sweatshop (012) 665 0048  
(Southdowns Shopping Centre Irene)
- Running Inn 079 907 1793  
(63 George Storrar Drive)

### Johannesburg

- The Sweatshop (Dunkeld) (011) 325 2567  
(Cnr Jan Smuts Ave & Bompas Rd Dunkeld)
- The Sweatshop (Bedfordview) (011) 450 2421  
(Shop 5 Bedford Arcade)

## Enter online

[www.entrytime.co.za](http://www.entrytime.co.za)

## Collections

Online entries can be collected from the requested pickup points:

### Johannesburg

- Sweat Shop – Bedfordview on Thursday 25 February from 11h00 to 18h00
- Sweat Shop – Dunkeld on Friday 26 February from 11h00 to 18h00

### Pretoria

Pretoria High School Old Boys Club (Phobians) on Friday 26 and Saturday 27 February from 11h00 to 18h00

### Late entries

Late entries for all races will be available from the Pretoria High School Old Boys Club (Phobians) Friday 26 and Saturday 27 February. Only 10km run and walk entries on race day.

## Results

Results available at [www.raceresults.co.za](http://www.raceresults.co.za)



The first 5 500 pre-entries will receive a technical t-shirt

# How to get there



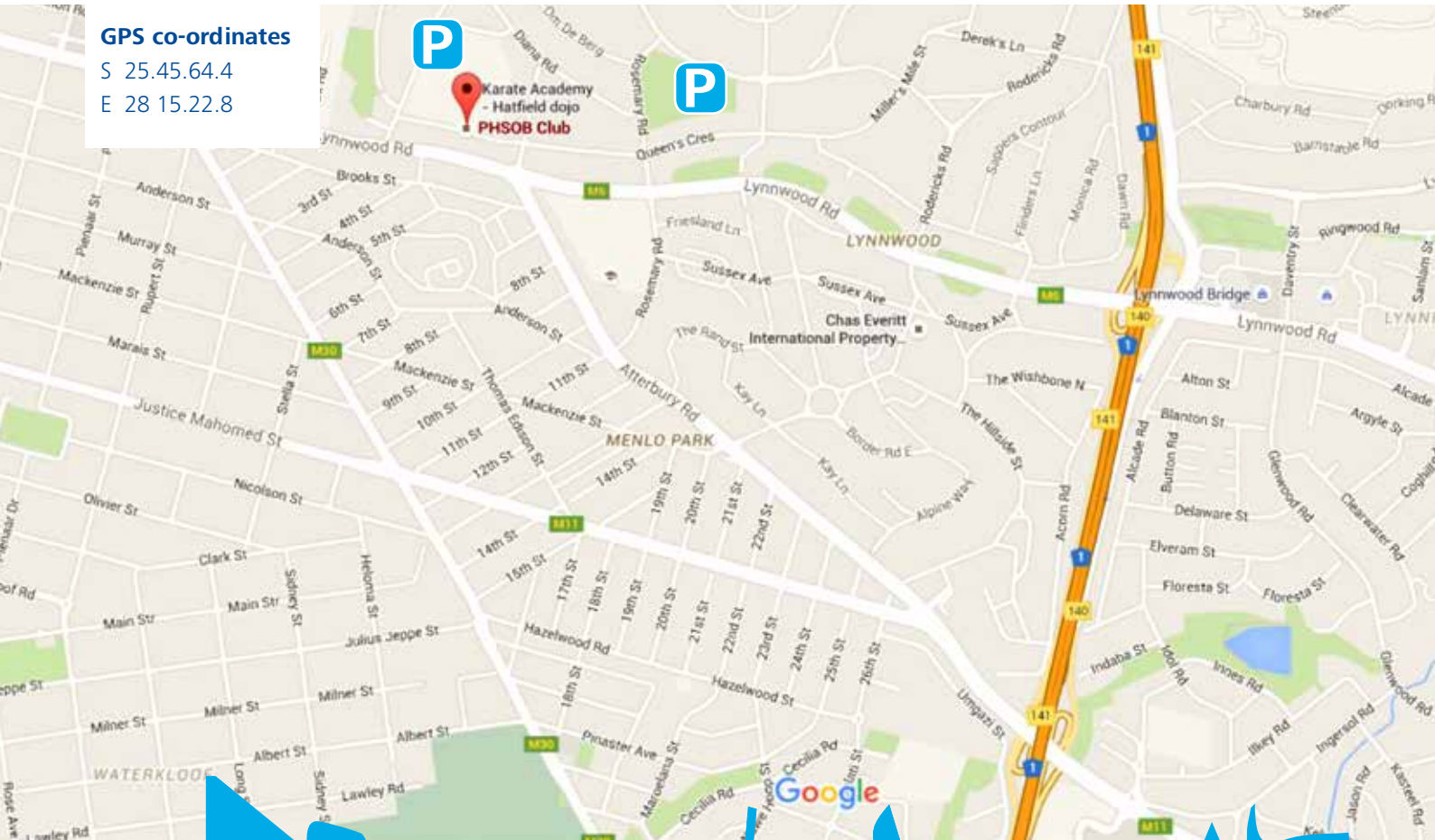
Ample parking arranged by Rotary Club Hatfield (Proceeds of parking go to Rotary Club of Hatfield Charities).

C/o Kings Highway and Queens Crescent, Lynnwood • Near Menlopark High School

## GPS co-ordinates

S 25.45.64.4

E 28 15.22.8



## Rules

1. The race will be run in accordance with the rules of ASA and AGN.
2. Athletes must wear the official race number and 2016 licence number on the front (licence number below race number). Temporary licences must be worn on the back of the running vest.
3. Age restrictions:
  - Minimum age of 14 years on the day of the race for 10km
  - Minimum age of 16 years on the day of the race for 21.1km
  - Minimum age of 20 years on the day of the race for 42.2km.
4. Obey all marshals, traffic authorities and traffic rules.
5. Age category tags (e.g. 40, 50, 60, 70 and 80) and a "J" must be worn on the front and back by athletes competing for category prizes. Age category winners will be required to produce acceptable proof of age.
6. In the 10km walk category, athletes must display the "W" tags on front and back of their vests and age category to be eligible for prize money.
7. Race results will be available on [www.raceresults.co.za](http://www.raceresults.co.za)
8. Wheelchair entrants are welcome provided that you are aware that you may require a runner to assist over the animal grids on Klapperkop, if doing the 21km or 42km races.
9. Foreign athletes must comply with IAAF Rule 4, paragraph 2, with regards to handing over permits to the organiser.
10. No seconding is allowed.
11. All runners and walkers participate at their own risk.
12. Prizes can only be won for the race officially entered.
13. **Litter must be thrown into the bins provided on route.**
14. No listening devices like iPods allowed
15. No pets allowed
16. Medical Support will be present on race day