



City of Mbombela Marathon Club

RUN CITY OF MBOMBELA JOCK OF THE BUSHVELD 4 -IN -1 MARATHON 18TH MARCH 2023

This event has been approved as a qualifier for **Comrades Marathon 2023**

Mat to Mat Timing will be used and timed by a reputable timing company



Rules and Timing

THE USE OF ANY TYPE OF EARPHONES IS NOT ALLOWED IN THIS RACE AND WILL LEAD TO DISQUALIFICATION.

- The race is run under Athletics South Africa (ASA) and Athletics Mpumalanga (AMPU). By entering the race each athlete accepts the responsibility to know and abide by these rules and the rules of the race.
- ALL Races are timed by FINISH TIME. Each athlete will be given a race number with disposable CHIP at the back of your race number. – NO RACE NUMBER – NO PRIZES.
- Athletes indemnify national, regional, provincial bodies, sponsors and organisers against any action due to participation in the race.
- Runners participate at their own risk.
- All athletes must wear the race numbers provided on the front of their vests.
- All athletes must be registered to a club affiliated to ASA must and all athletes must: wear their club colours; and wear 2023 ASA license number on their vest with the top branded section visible both front and back.

- Therefore, for any unlicensed athletes, there will be temporary license available, and you will not be able to participate in the race without license whether ASA license number or temporary license.
- Numerical age categories ID tags must be visible on back and front of runner's shirt for potential category prizes.
- Foreign/International athletes not belonging to a club affiliated to ASA will be given a temporary license and wear the temporary license on the back of their vests.
- All foreign athletes must comply with WA (World Athletics) rule WA TR 4, ASA Rule 9 and AMPU.
- Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day when the need to do so arises.
- International athletes must provide a clearance letter from their country of origin in the event of them winning a prize.
- In order to win an age award proof of age must be produced on the day.
- Minimum age for participants in the event:
- 42,2km – no younger than 20 on the day of the race
- Athletes competing in their 2nd Run City of Mbombela Jock of the Bushveld race will be given a special Medal. If this athlete finishes the race within the cut-of time, he/she will be handed a Back to Back MEDAL at the finish point.
- Athletes competing in their 1st Run City of Mbombela Jock of the Bushveld Race, will also get a prestigious medal of appreciation at the finish point, if this athlete finishes the race within the cut-of time.
- Water / hydration stations will be available approximately every 3 kilometres on the route.
- Club trailers and gazebo's will be allowed at dedicated marked-off areas inside of the race venue, unless the area is full. They'll be allocated space outside the venue.
- No bicycles are allowed along the route.
- Online entries only – unless they are numbers that are left out to be sold on the day of collection. we have indicated that manual entries will be available on Friday the 17th March 2023 with limited numbers.
- No littering on the route. There will be dedicated littering boxes and marked areas after each water station. If a referee sees an athlete littering on the route, that referee may disqualify the athlete.
- No Ipods or listening devices.
- Athletes may not participate with pets.
- All traffic officers and officials' instructions must be obeyed.
- No refund of race entry fees. No Refunds will be given should the event be cancelled due to Covid-19 or any unforeseen circumstances, however the event will change to a Virtual-on-route event. The 42,2km distance should then be completed on any route any time from 06:00 to 18:00 on the original day of the event.
- The race organizer retains the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
- Late Runners: The start of the 42,2km will be closed 15 minutes after the official start time and any runner later than this not be allowed to start the race.
- Any runner who starts the race distance later than 15 minutes and does not follow this rule will be disqualified and not provided with a time or any race handout.

- ALL prizes are based on MAT TO MAT times therefore all route cut-off and finish cut-offs will be based on Mat to Mat times.
- 42,2km Cut-off times: Runners who have not reached the following marks in the times specified will not be allowed to continue:
 - 21km at 3 hours 30 min (9:00)
 - 33km at 4:45 hours (10:45 am)
- If you do not reach the cut-off points within the required time, you will be asked to retire from the Race and leave the road. YOU MAY NOT CONTINUE RUNNING.
- Transport will be provided at all the cut-off points to take the runners back to the Finish.
- Athletes who fail to obey the race officials will be subject to disciplinary action and may be banned from participation in the Run City of Mbombela Jock of the Bushveld 4 in 1 Marathon in future.
- Race number collection points:
 - a) Friday 17th March 2023 – Hoërskool Bergvlam from 12noon to 20h00.
 - b) Uncollected packs will be forfeited and will not be available at Barberton Bouwer Park, except
 - c) T-shirt will be available @ the finish point

RUN CITY OF MBOMBELA JOCK OF THE BUSHVELD -MARATHON (42,2KM)

Athletes for 42,2km must be 20 years or older on the day of the race. Proof of AGE (ID) to be produced upon request on the day of race.

Run City of Mbombela Jock of the Bushveld 4 in1 Marathon will be hosted under strict World Athletics rules & regulations procedures to ensure that every person can enjoy a safe event.

All protocols will be adhered from the starting point to the finish point.

Race numbers will be colour coded to ensure that runner the correct batch and directed.

The 42.2km Marathon will be timed using:

Mat to Mat for any position and prize money.

ALL category winners must wear their age Tag in order to qualify for their prize

Start of 42.2km is @R40 (Barberton Road) Madiba Dr @ 6am. Finish is at Barberton Bouwer Park (Sportsground)

Cut –Off Stations:

1st Cut-off will be @ 21.1km @ 9am

2nd Cut-off will be @33km @11am

Last Cut-Off 12hrs

No Medals will be issued after cut off time.

The Race will start @ R40 (Barberton Road) Madiba Dr

All athletes will participate at their own risk.

RUN CITY OF MBOMBELA

JOCK OF THE BUSHVELD 4-IN-1 MARATHON 2023



RACE COORDINATES:

START: 25°29'20.22"S 30°57'47.78"E

FINISH: 25°47'2.09"S 31° 2'46.07"E



City of Mbombela Marathon Club



RUN CITY OF MBOMBELA JOCK OF THE BUSHVELD HALF - MARATHON (21.1KM)

Athletes for 21.1km must be 16 years or older on the day of the race. Proof of age (ID) to be produced upon request on the day of race.

The half marathon will be hosted under strict Race compliance procedures to ensure the safety of the athletes, crew members, spectators so they can enjoy participating without any fear.

Race numbers will be colour coded to ensure that athletes are correctly directed.

The 21.1km Half-Marathon will be timed using:

Mat to Mat for any position and prize money

ALL category winners must wear their age Tag in order to qualify for their prize

Start of 21.1km @R40 (Barberton Road) Madiba Drive 6am. Finish is at Barberton Bouwer Park (Sportsground) Cut-off is 10:30AM.

Cut –Off Stations:

1st Cut-off will be @ 12km @ 8am

Last Cut-Off 10am

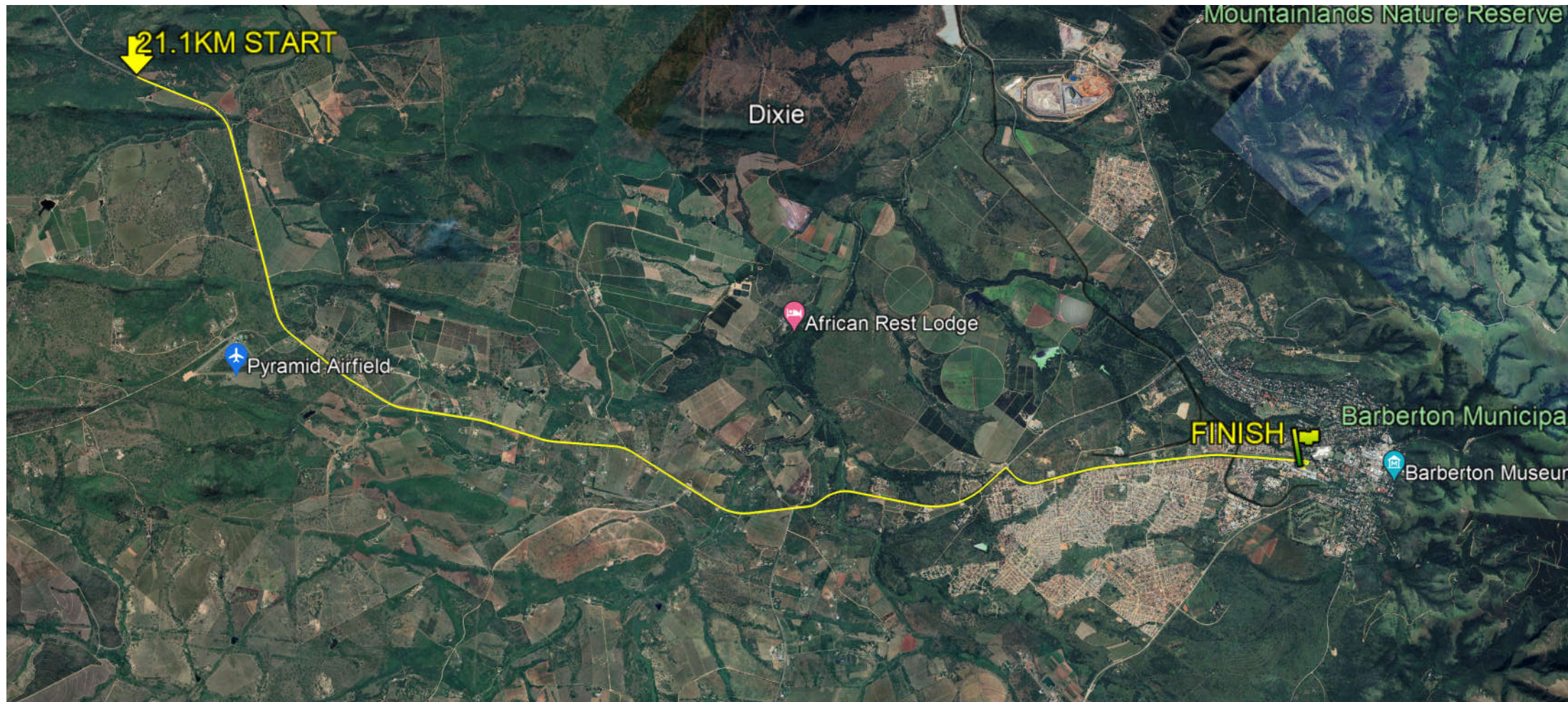
No Medals will be issued after cut off time.

Buses depart between 04h00am – 5:30am from Hoërskool Bergvlam to Cnr Geelhout Ave R40 (Barberton Road) Madiba Dr YOUR RACE BIB WILL SERVE AS YOUR BUS TICKET

All athletes will participate at their own risk.

RUN CITY OF MBOMBELA

JOCK OF THE BUSHVELD 4-IN-1 MARATHON 2023



RACE COORDINATES:

START: 25°37'58.68"S 30°58'28.79"E

FINISH: 25°47'2.09"S 31° 2'46.07"E



City of Mbombela Marathon Club



RUN CITY OF MBOMBELA JOCK OF THE BUSHVELD (10KM)

Athletes for 10km must be 14 years or older on the day of the race. Proof of age (ID) to be produced upon request on the day of race.

The Run City of Mbombela Jock of the Bushveld (10km) will be hosted under strict Race compliance procedures to ensure that every person can enjoy a safe event.

Runners setting according to the rules and legislation of the ASA and WA Act

This process will ensure that we remain below the official gathering regulations of Modified Level 1 and that you are adequately socially distanced from one another. Numbers will be colour coded to ensure the runner enters the correct batch on race day.

The 10km will be timed using:

Mat to Mat for any position and prize money,

Start of 10km is at R40 - Barberton Road 6h30am. Finish is at Barberton Bouwer Park (Sports Ground) Cut-off is 10:30am.

No Medals will be issued after cut off time.

Buses depart between 04h00am -5:30am from Hoërskool Bergvlam to R40 - Barberton Road. YOUR

RACE BIB WILL SERVE AS YOUR BUS TICKET

All athletes will participate at their own risk.

RUN CITY OF MBOMBELA

JOCK OF THE BUSHVELD 4-IN-1 MARATHON 2023



RACE COORDINATES:

START: 25°43'26.73"S 30°59'0.12"E

FINISH: 25°47'2.09"S 31° 2'46.07"E



RUN CITY OF MBOMBELA JOCK OF THE BUSHVELD 4 IN 1 FUN-RUN 4,9KM

Athletes for 4,9km must be 9 years or older on the day of the race. Proof of age (ID) to be produced IF requested on the day of the race.

RUN CITY OF MBOMBELA JOCK OF THE BUSHVELD FUN-RUN 4,9km - will be hosted under strict RACE compliance procedures to ensure all our participants are safe during the event.

This process will ensure that we remain below the official gathering regulations of Modified Level 1 and that you are adequately socially distanced from one another. Numbers will be colour coded to ensure the runner enters the correct batch on race day.

The 4,9km will NOT be Timed:

Start of Fun Run (4,9km) is at Barberton Bouwer Park at 6:30am. Finish is at Barberton Bouwer Park (Sportsground) Cut-off is 08:30am.

All athletes will participate at their own risk.



All sales are final, no refund will be issued

MARATHON RACE T-SHIRTS

Race T-Shirts are on sale @ R150.00 each. Kindly take note that Race T-shirt DESIGN is available will be published on both the website as soon as possible. Sizes will be limited

Please purchase your shirt and register your size as per the sizing table below. Note that the sale of T-shirts will only be accommodated until the last day of the Online registration.