

# REGISTRATION CLOSES ON FRIDAY 16 APRIL

# ENTRY FORM

## PERSONAL INFORMATION

Surname																			
Name																			
Nationality											ID Number								
Date of birth	D	D	M	M	Y	Y	Y	Y	Age on Race Day		Gender	Male	Female						
Qualifying time*											Race name								
Qualifying city											Race date	D	D	M	M	Y	Y	Y	Y
Cell																			
E-mail																			
Postal Address2																			
Postal Code																			
											Postal City								
											T-shirt size	S	M	L	XL	XXL			

## TEAM INFORMATION

\* attach a copy of race results if you wish to be considered for seeding in the race

Club / Team															
Team Manager															
Cell Phone															
E-mail															
Tel home/work															

REGISTER FOR:  42.2 km  10 km  4 km

Payment: Online registration at [www.entrytime.com](http://www.entrytime.com) or [www.sa-active.co.za](http://www.sa-active.co.za). Manual registration at various locations in Gaborone (see registration info), cash payment only

### GENERAL INFORMATION

- Start and Finish Point Phakalane Golf Estate
- Fast flat courses (between 970m - 1025m altitude)
- Prize money, diamonds and 2 nights Okavango Delta, incl. flights for winner finishing under 2:14:57 Men and 2:51:32 Women
- Only 1000m altitude
- Fully supported by Gaborone City Council, Ministry of Sport, BAA, Botswana Tourism Board
- Marathon 42.2 km (min. age 19), start time 6.45 am
- 10 km run (min. age 14), start time 7.15 am
- 4 km fun run 10.00 am or walk 10.05 am (face painting jumping castles and children's entertainment)
- Goody bags for all entrants
- Medals for all finishers
- Pasta Party at 17 April, 6pm
- Refreshments and water points at 2.5 km intervals
- Time distances
- All levels of accommodation available ([www.botswanaturism.co.bw](http://www.botswanaturism.co.bw))

### REGISTRATON INFO

- Online registration at [www.entryonline.com](http://www.entryonline.com) and [www.sa-active.co.za](http://www.sa-active.co.za), [www.gaboronecitymarathon.com](http://www.gaboronecitymarathon.com)
- Manual and online registration at Standard Chartered Game City branch, Gaborone, on Sat Feb. 27 and Sat March 27, 9am - 11am\*
- Manual registration at Phakalane Golf Estate, Mon - Fri, 7.30am - 4.30pm and Sat, 9am - noon
- Manual registration at Botswana Athletics Association (BAA), situated at Maru a Pula (nearby former Blue Tree), Mon - Fri, 7.30am - 4.30pm
- Registration will close on Friday April 16, at 6pm
- Race numbers will be collected on Fri 16 April from 12.00 till Sat 17 April at the Phakalane Golf Estate between 9am - 6pm (No race number collection possible on the day of the race)
- All schools, please contact enquiries or BAA for registration
- Entry Fees: Non-resident P100  
Resident P45 (marathon), P25 (10km & 4km)

\*Any alterations will be announced in the media

### RELEASE AND WAIVER

I declare all information supplied by me is true and correct. I am in good health, physically fit and sufficiently trained to participate in this endurance event. I agree to comply with the rules, conditions and regulations for this event, which include the payment of the entry and timing chip fee. I hereby release and discharge the organisers of the Gaborone City Marathon and 10 km and 4 km fun run, BAA, Botswana sponsors, volunteer groups, medical personnel, and any and all local authorities, from any loss or damage, however caused, arising from my participation in the event, including pre-race and post-race activities. This waiver applies to my executors, heirs, administrators, assigns and myself. I undertake not to exhibit or wear any advertising material or logos that are contrary to the rules of BAA and IAAF. I also grant my permission, in terms of Section 51 of the Electronic Communications Transactions Act 25 of 2002, to use my name, race information and photographs, video tapes, broadcasts and telecasts in which I may appear free of charge and to supply the information to sponsors of the Gaborone City Marathon, 10 km and 4 km fun run. This race is run under the rules and auspices of IAAF, BAA. Foreign athletes should note IAAF rule 4 para which requires them obtain written approval (permit) from their own federation to compete in a foreign country.

Signature: ..... Parent or Guardian (if under 18 years): ..... Date: .....

## RULES SECTION

- The race is held under the rules of IAAF and BAA
- Drug testing will be applied as stipulated by NADA. Prize money will not be paid out until the result of all drug testing has been completed
- Runners will be required to bring proof of valid ID and registration / entry to collect the race numbers. Any person collecting numbers on behalf of another runner must bring a letter confirming the request to collect the number and a copy of the runners ID
- Minimum age to run 42 km is 19 years on race day
- Minimum age to run 10 km is 14 years on race day
- If not running for an athletics' club then runner must wear plain unbranded clothing
- Prize winners are required to be able to provide proof of valid identity on race day
- Foreign athletes must provide a letter of permission to run from their national athletics federation and abide by IAAF rule 4.2
- Runners support vehicles and seconding will not be allowed to follow runners on the route. These must take alternative routes to official support points. Any runners supporters / seconds found on the route will result in their runner being disqualified
- A 6 hour 30 minute cut off is applied to the marathon finish. In the interest of safety any runner not reaching the following points will be withdrawn from the race in the interests of traffic safety:
  1. Nelson Mandela / A1 traffic junction in 5 hours 15 minutes
  2. Half way in 3 hours 30 minutes

## PRIZE MONEY

Category	42.2 km									
	1	2	3	4	5	6	7	8	9	10
SM (Open)	P20.000,00	P10.000,00	P5.000,00	P2.500,00	P1.250,00	P600,00	P500,00	P400,00	P300,00	P200,00
SL (Open)	P20.000,00	P10.000,00	P5.000,00	P2.500,00	P1.250,00	P600,00	P500,00	P400,00	P300,00	P200,00
VM	P3.000,00	P1.500,00	P750,00	P350,00	P200,00					
VL	P3.000,00	P1.500,00	P750,00	P350,00	P200,00					
MM	P3.000,00	P1.500,00	P750,00	P350,00	P200,00					
ML	P3.000,00	P1.500,00	P750,00	P350,00	P200,00					
Team (M)	P5.000,00	P2.500,00	P1.000,00							
Team (L)	P5.000,00	P2.500,00	P1.000,00							

Category	10 km				
	1	2	3	4	5
SM (Open)	P1.200,00	P500,00	P300,00	P200,00	P100,00
SL (Open)	P1.200,00	P500,00	P300,00	P200,00	P100,00
JM	P900,00	P400,00	P200,00	P150,00	P100,00
JL	P900,00	P400,00	P200,00	P150,00	P100,00
VM	P500,00	P300,00	P100,00		
VL	P500,00	P300,00	P100,00		
MM	P500,00	P300,00	P100,00		
ML	P500,00	P300,00	P100,00		

Category	Explanation
SM (Open)	Open men - any age over 19
SL (Open)	Open ladies - any age over 19
JM	Junior men - under 19 (Born 31 December 1990 or later)
JL	Junior ladies - under 19 (Born 31 December 1990 or later)
VM	Veteran men - 40 to 50
VL	Veteran ladies - 35 to 45
MM	Master men - over 50
ML	Master ladies - over 45
Team (M)	Team ladies - first four finishers. Botswana teams only
Team (L)	Team men - first four finishers. Botswana teams only

In addition to the stated prize money the winner (irrespective of Nationality) will be awarded a Botswana diamond worth BWP 20,000 and two nights in the Okavango Delta, including flights from Botswana\*, providing they beat the following times:

Men 2:14:57 & Women 2:51:32

Man	John James	2:14:57	July 25, 2004	Phikwe
Women	Onkemetshe Solotata	2:51:32	February 10, 2008	Durban

\*Terms and conditions applied

Notes: Botswana: Possible irregularities at Phikwe 2004. Alternate record 2:17:04, Tsapo Maso, March 5, 2000, Cape Town.

# Phakalane Gaborone Marathon

18<sup>th</sup> April 2010.



- The Gaborone City Marathon is a qualifier for the Commonwealth Games and Comrades Marathon
- 10 km
- 4 km fun run with lots of children entertainment!
- Goody bags including T-shirt. Medals for all finishers
- Parking facilities available

## CHARITY

The Gaborone City Marathon on April 18, 2010 is a charity event. All registration fees will go to the following charities:

- Botswana Heart Foundation
- Khama Charitable Trust
- Seeing is Believing
- Sponsor A Child
- Y Care Charitable Trust

## CONTACT INFO

Enquiries: Felicity Hunter  
 Cell: (+267) 75241234  
 Email: [info@gaboronecitymarathon.com](mailto:info@gaboronecitymarathon.com)

Go to [www.gaboronecitymarathon.com](http://www.gaboronecitymarathon.com) for training info, our medical centre, route map and more information about the 2010 Gaborone City Marathon

*botswana*  
 tourism board



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