



Goss & Balfe



Sapphire Coast Marathon



Mat to Mat



KWAZULU NATAL ATHLETICS





Qualifiers

28 October 2018

Free Shirts to 21.1 / 42.2 entered before 9 Sept '18 (excl. 10km) & Medals to all finishers



Distance	10km Run/Walk	21.1km Run/Walk	42.2km Run
Start: 06h00am	Illovo Beach Station	Ilfracombe Station	Scottburgh Station
Finish	Hutchison Park - Amanzimtoti		
Cut-Off	2hrs30mins	3hrs30mins	6 Hours
Entries	Online Entries: www.totiac.co.za Closing date for online entries: 14 October 2018		 <small>AVAILABLE AT</small> 



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Entry Collections:

Entry tags and race packs can be collected on race weekend at Hutchison Park in Amanzimtoti on Saturday, 27th October from 10h00 until 16h00 or on Sunday the 28th October from 03h30 until 04h40 at Civic Centre.

Please ensure that you collect your race number by 04h00 on Sunday the 28th October 2018 to be in time to reach the start on time. It is approximately a 20 minute walk from Civic Centre to the train station. **The train leaves promptly at 05h00.**

Note: Tog bag facility available at Hutchison Park. Tog bag collection at the start of the 21.1km and the 42.2km.

Costs:

All unlicensed Athletes will be required to purchase a temporary license at R35.00 per entry.
 Entrance fee for 42.2km run: R250
 Entrance fee for 21.1km walk / run: R180
 Entrance fee for 10km walk / run: R120
 70+ Free race entry (proof of age required)
 Late entries will be accepted at registration. The following late entry fees will apply:
 Marathon R350; Half Marathon R250; 10km R180

Prize Giving

09h30 for 21.1km & 10km. 11h00 for 42.2km

Age Restriction:

Minimum age on race day is 14 years for 10km, 16 years for the 21.1km event and 20years for the 42.2km event. *All participants under 18 years of age must have parental consent to participate in this event.*

Race Rules and Regulations

- The race will be run subjected to the rules of the IAAF, ASA and the Kwazulu-Natal Athletics.
- Club colours must be worn by licensed athletes.
- All licensed runners are required to participate in the race displaying the 2018 license numbers on the front and back of your vests / crop tops with the race numbers over the front license.
- All unlicensed entrants require a temporary license costing R30 which are to be worn on the back of the vest / crop top with the race number on the front.
- Unlicensed entrants to wear plain colour vests with no advertising.
- New ASA / KZNA age category and walkers tags (60mm to 80mm) must be worn on the front and back of vest / crop top and must be clearly visible to claim age category and walker prizes.
- Proof of age **MUST BE PRODUCED** if entrant qualifies for a prize category.
- Foreign athletes must abide by I.A.A.F Rule 4.2 and 142 and ASA Rule 9
- No personal seconding.
- No pacing is permitted.
- Traffic Officers, Race Officials and Marshalls to be obeyed at all times.**
- All entrants participate at their own risk. Organisers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property lost or damage on the course or in the changing areas. Temporary licensed athletes are not covered by ASA Insurance Policy
- LITTER ZONES WILL BE ENFORCED AT ALL WATER TABLES AS PER ASA RULE 28.** Total of 22 water tables with water and coke.
- Cut off: 2.5 hours for 10km, 3.5 hours for 21km and 6 hours for 42.2km
- No refunds.
- ASA Rule 34.10.6** For safety reasons, the use of personal music players or other devices with headphones is not permitted. Any person may be disqualified without warning.

Directions to Hutchison Park

Take N2 south from Durban. Take the Adams Road turn off. Turn right into Adams Road. Turn left into Isundu Drive. Keep left where Isundu Drive becomes Hutchison Road and cross Toti River. At T-Junction, turn right into Riverside Road. Turn right into Hutchison Park after +/- 300m.

PLEASE PARK AT THE CIVIC CENTRE ON RACE DAY! MARSHALLS WILL BE ON DUTY. COLLECT RACE PACK ONLY AT CIVIC CENTRE

Directions to Toti Station

Follow direction boards from Hutchison Park. Next to Toti Taxi rank in CBD.

Train Ride

A train ride is offered to all participants. In the event the train ride is cancelled through no fault of the club, we reserve the right to charge for a bus service.

Directions to Illovo Beach Station (10km Start)

Take N2 south from Durban. Take exit 133 Kingsway / Kingsburgh / Umbumbulu turn off. Turn left toward the sea. Turn right at the robot. Turn Right at the following robot (R102). Continue straight on the R102, and turn left at Elizabeth Ave. Turn right at Station Road.

Directions to Ilfracombe Station (21.1km Start)

Take N2 south from Durban. Take the R102 Umgababa turn off. Turn left toward the sea. At the T-junction, turn right and travel for +/-6.4km to the start of the 21.1km race.

Directions to Scottburgh Station (42.2km Start)

Take N2 south from Durban towards Scottburgh. Take the R102 Scottburgh turn off. Turn left heading towards the sea for +/-1km. At T-junction, turn right and travel for +/-1km. Turn left into George Crooks and follow road to Cordiner Street, and turn left towards the sea for +/-200m. The start of the 42.2km is at the T-junction on the left-hand side.

PRIZE MONEY - MALE AND FEMALE				
Category		10km	21.1km	42.2km Run
Open	1st	R 1,000	R 1,000	R 2,500
	2nd		R 750	R 1,500
	3rd			R 750
35-39	1st	R 500	R 500	R 750
	2nd		R 300	R 600
	3rd			R 450
40-49	1st	R 500	R 500	R 750
	2nd		R 300	R 600
	3rd			R 450
50-59	1st	R 500	R 500	R 750
	2nd		R 300	R 600
	3rd			R 450
60+	1st	R 500	R 500	R 750
	2nd		R 300	R 600
	3rd			R 450
Junior	1st	R 500	R 500	NOT PERMITTED
	2nd		R 300	
	3rd			
Walkers	1st	R 500	R 500	
	2nd		R 300	
	3rd			

Race Enquiries

Contact Number: 082 703 9454
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