

The 74rd JACKIE GIBSON MARATHON

7TH ALLAN FERGUSON 21.1km

JHAC 10km



ORGANISED BY JOHANNESBURG HARRIERS A.C

Sunday, 31st March, 2019

Marathon and Half-Marathon starts at 6 a.m.

10km starts at 06:30 a.m.

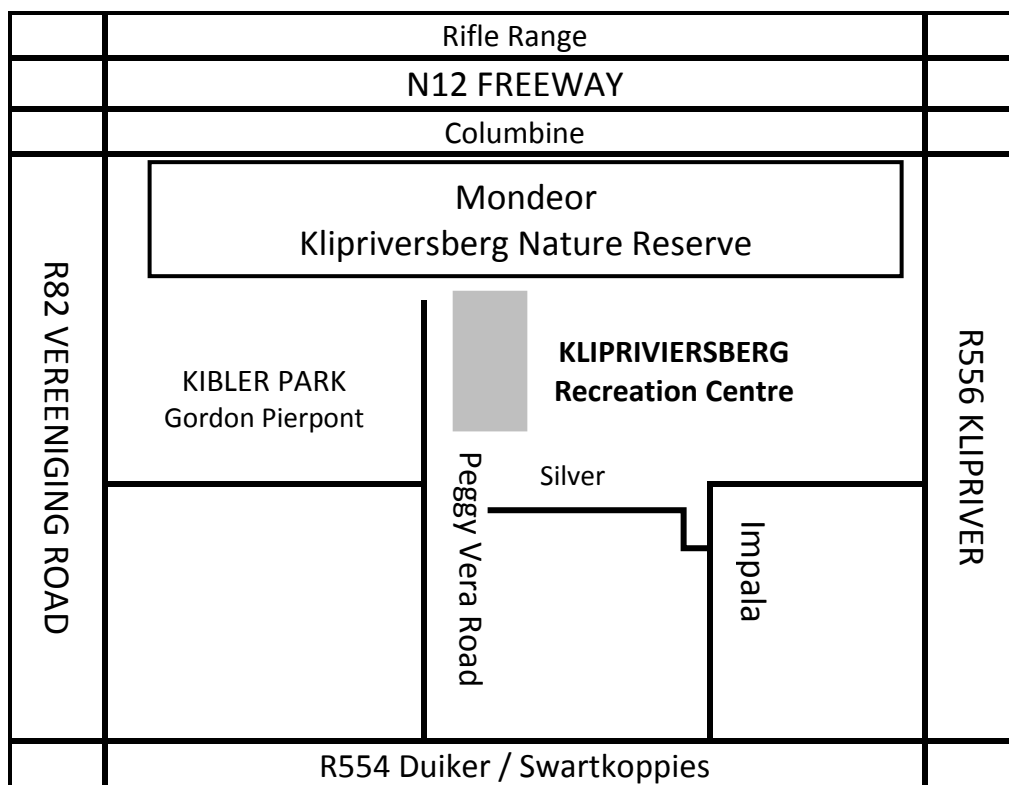
Pre-entries ONLY

ENTRIES Close 20th March 2019

FREE T-SHIRTS to the 1st 1000 On-Line

Entries only for 42 and 21km

ESSENTIAL COMRADES QUALIFIER/PREPARATION



GPS Co-ordinates: -26 18'23 06 S 28 00'44 15 E

PRIZES		*Same prizes for both 21kms and 42kms race*		
Category		1 st	2 nd	3 rd
Open	42km	R4000	R2000	R1000
Open	21km	R1500	R1000	R500
Age 40 – 49	42km	R1500	R750	R500
Age 40 – 49	21km	R1000	R600	R400
Age 50 – 59	42km	R750	R400	R250
Age 50 – 59	21km	R600	R300	R150
Age 60+	42km	R500		
Age 60+	21km	R450		

PRIZES		10 km		
Category		1 st	2 nd	3 rd
Open Men		R1000	R500	R250
Open Woman		R1000	R500	R250
Junior Men		R750	R400	R250
Junior Woman		R750	R400	R250
Men 40 – 49		R750	R400	R250
Women 40 – 49		R750	R400	R250
Men 50 – 59		R500	R300	
Woman 50 – 59		R500	R300	
Men 60+		R350		
Woman 60+		R350		

This is a ChampionChip timed race. Timing will be MAT to MAT (start line to finish line), (This is only for the 42,2 and 21,1). 10km Gun to mat. Participants must cross ALL mats (start line, on route & finish line) to record official times, failure to do so could result in no official record / result or disqualification. NO CHAMPIONCHIP NO RESULTS Medals to all Finishers up to 12h00 (Cut off).

Prize-Giving for the 10km and 21km race at 09h00 Prize-Giving for the 42km race at 11h00

RACE RULES

1. This meeting takes place under the rules of the IAAF, ASA and CGA.
2. Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
3. All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
4. Licensed athletes must wear club colours and their 2019 licence number back and front, with the race number worn on the front of vest. Licensed athletes who do not wear their 2019 License number must purchase a temporary license on the day or face disqualification.
5. Temporary licensed athletes to wear plain clothing with the issued temporary license on the back of their vest.
6. Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest
7. No seconding allowed.
8. Foreign Athletes must provide a valid clearance certificate (from their country of origin and ASA) as well as a copy of their passport to the organisers and chief referee prior to the start of the event or on demand. Foreign athletes are not allowed to run with an ASA Provincial license. They are required to purchase a temporary license or face disqualification. Foreign athletes are not allowed to run in club colours (neutral kit must be worn) unless such club exists in their country of origin or they are in possession of a refugee status permit or are naturalised citizens of RSA. (Refer to IAAF rule 4.) Prizes will be withheld if this rule is not adhered to.
9. No blades, cyclist or mechanically operated devices allowed in the race.
10. No 2, 3 or 4 wheel carts/prams which are mechanically or manually operated by participants, or wheelchair athletes will be permitted to participate without special permission has been granted from the race organiser. All such participants MUST start at the back of the field.
11. No animals/pets are allowed to participate.
12. Only South African athletes are eligible for team prizes. The domicile rule applies.
13. All instructions from traffic, race and technical officials must be obeyed at all times.
14. Proof of age for prize winners is required and must be presented to the referees before prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
15. Only those who have completed all the information required in the race entry/number are eligible for prizes.
16. No refunds.
17. No earphones, iPods and the like allowed and contravention of IAAF rule 144.2b may lead to disqualification.
18. Athletes may not run with another athlete's race number unless by prior arrangement with the race organiser.
19. The race organiser 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.
20. Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
21. Licensed athletes not wearing club colours may face disqualification.
22. Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Athletes can be disqualified if they litter.

Race/distance dependent: 10km: Minimum age is 14 years. 21.1km: Minimum age is 16 years. 42.2km: Minimum age is 20 years.

**ROUTE: The 42km route will be "double lap" course.
NO CHAMPIONCHIP NO RESULTS**

RACE NOTES:

- 1) Walkers are welcome on the Half-Marathon and 10km only.
- 2) Cut-off time for both 21.1kms and 42.2kms is strictly 12h00.
- 3) Runners will be asked to leave the route after 12h00 as support will be withdrawn.
- 4) Full race results will be published on the internet at www.championchip.co.za .
- 5) Please help us reduce wastage and abuse by taking no more than one coke and two water sachets per table.
- 6) Halfway cut-off for 42.2kms is 3 hours.
- 7) Runners who enter the Marathon and only complete one lap will be timed as half marathon finishers.
- 8) Tog bag area will be provided.

BENEFICIARIES OF JHB. HARRIERS RACE THANKS TO THE RUNNERS FOR THEIR SUPPORT

2009	The Sparrow Educational Trust	R7 000	2014	Meals on Wheels	R10 000
2010	T.L.C. Ministries	R10 000	2015	Stepping Stone Hospice	R10 000
2011	Door of Hope	R10 000	2016	Avril Elizabeth Home	R10 000
2012	Highveld Horsecare Unit	R10 000	2017	Nkosi's Haven	R10 000
2013	Meals on Wheels	R5 000	2018	African Children Feeding	R10 000

ENTRIES

Pre-entry race numbers and CGA temp. Licences to be collected at the race venue from **10h00 – 17h00 on Friday 29th March and on Saturday 30th March 2019.**

And the morning of the race 31st March, from 04:30 : ONLY RACE NUMBER COLLECTION NO RACE ENTRIES WILL BE SOLD

Online entries for the 10km, 21.1km and 42.2km race close on Wednesday 20th March 2019.

NB: Proof of On-line entries and payment must be produced when collecting race numbers.

ENTRY FEES

Marathon	42.2km	=	R220
Half-Marathon	21.1km	=	R180
J.H.A.C.	10km	=	R110

Grand Masters entry fee	=	Half Price
<u>Over 70 years and Blind Runners</u>	=	Free

CGA Temp Licences:	Marathon	=	R100
	Half Marathon	=	R35
	10km	=	R30

ON LINE ENTRIES

www.championchip.co.za

Sweat Shop Bedford Arcade, Van Buuren St.	011 450 2421
Randburg Runner, Manlam Court, 5 th St., Linden	011 888 9644
Sweat Shop, Dunkeld West Centre, Jan Smuts Ave.	011 325 2567
Sportsmans Warehouse, The Glen	011 435 3888
Sportsmans Warehouse, East Rand Mall	011 823 3203

Race Enquiries: Cathy 072 679 0874 • Email: jhac@mweb.co.za

VITALITY POINTS: “Discovery Vitality members who enter online can receive bonus fitness points for completing”

- Jackie Gibson Marathon (42km) – 3000 points
- Allan Ferguson Half Marathon (12km) – 1500 points
- Johannesburg Harriers (10km) – 600 points