



42.2km & 21.1km **PRE ENTRY ONLY** limited to 2000



CAPE GATE VAAL MARATHON

6th March 2022

42,2km Marathon

21,1km Half Marathon

COMRADES QUALIFIER



Fast & Flat

Ideal route for a PB

An ideal event that offers the elite, active & recreational runners or walkers a unique race format!

MAT to MAT Timing



Dick Fourie Stadium, Three Rivers, Vereeniging - Start: 6am

www.vaalmarathon.co.za



ENTRY INFO

PRE ENTRIES

ENTER ONLINE ONLY www.peaktiming.co.za

NO SHOP OR RACE DAY ENTRIES

RACE PACK COLLECTION POINTS:

Thursday 3 March 2022 (Serving East & South)

Running Hight

Address: Shop 2, Bedford Arcade, 55/59 Van Buren Rd, Bedfordview, 2007

Friday 4 March 2022 (Serving West North & Pretoria)

Kiater Sports

Address: Shop 27, Waterfall Corner, Waterfall Drive, Midrand, 1685

Saturday 5 March 2022 (Serving the Vaal)

Dick Fosterie Stadium

Address: Klipriver Drive, Three Rivers, Vereeniging

Sunday 6 March 2022 at Race Venue from 08am

LATE ENTRIES

ONLINE ONLY NO SHOP OR RACE DAY ENTRIES

ENTRY FEES

21.1 km - R250 Grand Masters R200

42.2 km - R350 Grand Masters R300

Temporary Licenses - R30 00

No refunds for any entries.

R10 00 from each entry of the 21.1km & 42.2km will be donated to the Vaal Marathon's nominated charities.

TIMING & RESULTS

Time keeping will be done by Peak Timing. All results will be posted on www.peaktiming.co.za

Timing is not to rest. No valid timing services.

ENTRIES WILL BE LIMITED TO COVID-19 RESTRICTIONS AS PER GOVERNMENT REGULATIONS

At this stage 2000 athletes are allowed at events, (this may change as per Government Announcement, please keep an eye on our website www.vaalmarathon.co.za for any changes)

ONLY runners will be allowed at the venue, NO spectators.

Wearing a mask in public spaces is mandatory, however you can run without a mask, but within the stadium after finishing your race, please wear your mask.

Hand sanitising and social distancing will be required.

PLEASE KEEP AN EYE ON OUR ONLINE ENTRIES AT www.peaktiming.co.za FOR ANY CHANGES IN ENTRY LIMITS

ONLINE ENTRIES WILL CLOSE WHEN LIMIT HAS BEEN REACHED OR ON 27 FEBRUARY 2022 @ 12:00

NO LATE SHOP OR ON THE DAY ENTRIES

DUE TO THE NATURE OF THE EVENT THERE WILL BE NO PRIZE GIVING.

No child minding service or children's entertainment is provided by the race or the organizers. No tog bag area.

RULES:

- The race is run in accordance with the rules of the ASA and AVT. Registered athletes must be members of a club affiliated to ASA, wear official club colours and wear two 2022 license numbers on front and back of vest. Numbers may not be altered.
- Race numbers for the 42.2km, 21.1km to be worn on front of vest. Runners found on route without official numbers will be removed from route. Do not cover the license number's sponsor's logo's.
- Non-registered athletes running the 21.1km & 42.2km must purchase temporary licenses, wear plain clothing and pin the license number only on back of vest.
- Ensure you purchase the correct colour number for the distance you are running.
- The race committee reserves the right to accept or reject any entry.
- Proof of age to be produced on request (birth certificate or ID document)
- Athletes competing for a category prize must wear numerical ID tags.
- In competitions where the competition takes place according to age categories, in addition to the OPEN category, if allowed, the athlete will participate and only be eligible for the prizes in the category they entered for, provided they display the relevant official numerical age category tags front and back on their vest. Any athlete may thus qualify for a maximum of two individual prizes (one in the open category and a second in the age category entered for).
- NO SECONDING will be permitted on any part of the race route. No vehicle or bicycle will be allowed to follow runners on the route. Any runner who is seconded or followed is liable for disqualification.
- NO advertising of any form may be worn by competitors unless sanctioned by the official sponsors.
- Failure to obey rules, referees, traffic marshals or any race official could result in disqualification.
- There will be no officials, traffic officers, marshals or refreshment station workers in attendance on the route after 17h45.
- Distance boards will be placed at each kilometre.
- All athletes compete at their own risk. Athletes indemnify National, Provincial and Regional bodies, sponsors and organizers of the race against all or any actions whatsoever nature whatever, that may arise due to participation in any event.
- NO Vaal Athletic Club members may participate in any event on race day.
- Runners will not be permitted to start second lap of 42.2km distance after 08h45 (2 hours 45 mins)
- The 42.2km, 21.1km races are timed by Peak Timing.
- No unaccompanied children will be allowed at the venue during the race.
- No phones will be permitted over the race start or finish area.

Visit www.peaktiming.co.za for more info about the Prize Money

Visit our website for race start times, route profiles, prize money, directions, parking and additional info.

SPECIAL THANKS TO:

Cape Gate, Sewendedags Adventiste Kerk - Drie Riviere, Lec-RM Electrical, Vaal Meander, Rotary - Three Rivers, Suidelrig Hoër Skool, Democratic Alliance - Midvaal, S & I Brokers, Fastway Couriers, Three Rivers Christian Academy and our partners:



ENQUIRIES
Email: admin@vaalmarathon.co.za
www.vaalmarathon.co.za

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@vaalmarathon



@vaalmarathon



VaalMarathon

Covid 19 Scenario

It is Vaal Athletic Club's intention to host a safe and as close to normal race as possible. Please see the scenarios below as prescribed by the Government Regulations and Protocols for the time of the race.

SCENARIO 1 - Current Level 1
An all inclusive start at 08:00 with mask-to-mask finish.

SCENARIO 2 - Increase in Level with additional restrictions.
An open start between 08:30 and 09:00 with a new cut-off at 11:00, with mask-to-mask finish.

SCENARIO 3 - Additional restrictions with lockdown
Virtual race with no return.

IMPORTANT INFORMATION

Scenario 1, please wear your mask whilst waiting in the queue for the start gun, you can take off your mask when you have crossed the start line. Also wear your mask when you have finished your race within the stadium.

Scenarios 1 & 2, both event marshals wear members of Cape Gate Vaal Marathon, completed. The above rules of wearing your mask when finished will apply.

Water there will be water stations along the route, these will be empty self help stations with water and sports drink sachets only - no closed and hand rule will be allowed.

There will be marshals along the route, please adhere to all marshals instructions and be safe at all times.

We also request that you leave the stadium as soon as you have finished your race. PLEASE do not linger around as the stadium is protected grounds, hanging around.

NO Club bars, club gatherings or events will be allowed on the grounds.

NO SPECTATORS, ONLY ATHLETES PLEASE

NO tog bag area.