



1992-2017

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MISSION

To make a contribution towards Nation Building and Healing of our land, South Africa, and the Transformation of our Society, through the Development of Athletics, from Grassroots to the highest levels of Excellence

To	ASA Members
From	Athletics South Africa
Date	20 March 2017
Subject	SA MARATHON CHAMPIONSHIPS
No pages	11

ELECTRONIC TRANSMISSION

Dear Members

Circular 31 OF ASA 2017 (03/20) – SA MARATHON CHAMPIONSHIPS

Athletics South Africa would like to apologise for sending out the SA Marathon Championships information this late

Kindly receive the following information :

1. Team Manual
2. Entry form

DEADLINE FOR THE SUBMISSION OF ENTRIES WILL BE MONDAY 03 APRIL 2017

For any queries please contact the ASA Competition Department Mehlo Hlabangane @082 990 9470 mehloh@athleticssa.co.za

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TEAM MANUAL



2017

SOUTH AFRICAN MARATHON CHAMPIONSHIPS

Hosted by:

KwaZulu Natal Athletics

**From the Athletics South Africa Office:
e-Mail: DurellJ@athleticssa.co.za**

**For more information
Website: www.athletics.org.za**

*The South African Marathon Championships will take place at **Kingspark Athletics Stadium, Durban on Sunday, 09 April 2017***

*The SA Marathon Championships will be hosted in conjunction with **the Durban City Marathon** and presented by **KwaZulu Natal Athletics**.*

*Closing date for provincial entries is **Monday, 03 April 2017***

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1. INTRODUCTION

The SA Marathon Championships will take place on **Sunday, 09 April 2017, at the Kingspark Athletics Stadium, Durban**. It is a competition for both Men and Women, and is open to all ASA Member Provinces and Associate Members. The SA Marathon Championships will be hosted in conjunction with the **Durban City Marathon** presented by **KwaZulu Natal Athletics**.

Again ASA will join hands with the South African Masters Association (SAMA) and it will be a combined championships with SAMA. SAMA age categories will be implemented and all Master athletes will receive **SAMA medals of which SAMA will keep all records up to date for the SAMA age categories**.

All athletes are licensed through the ASA club structures in the athletics provinces and all entries must be done through the Provinces or Associate Members and the team competition between members will remain.

2. ENTRIES

The **Durban City Marathon** is an open race for all athletes. The advertised prize money is available to all athletes. The SA Championship titles and medals (Men & Women) will be awarded to the first South African athlete to cross the finish line.

All provincial athletes must be licensed athletes for **2017**. At registration team managers might be requested to provide copies of ID-books (or passports) of athletes for checking of ages.

Athletes not selected to represent a member can enter the race as individuals, but will not count towards the member team prizes. These entries are done with the LOC on their website (www.kznathletics.co.za) and the individual athletes must pay their own entry fee as stipulated on the website. Provinces have first call on any athlete and an athlete selected and entered by a province must compete for that province and may not enter as an individual. Individually entered athletes must compete in their registered club attire or any unbranded attire.

The provincially selected athletes will be seeded at the front of the start.

3. QUALIFYING STANDARDS

All provincial entries will be scrutinized against the following qualifying standards to be reached at a road race during the period **1 January 2016 to 12 March 2017**.

Open Men	02:40	Open Women	03:40
Men 40-49	03:00	Women 40-49	04:00
Men 50-59	03:30	Women 50-59	04:00
Men 60+	04:00	Women 60+	04:00

If a provincial member would like to enter an athlete that did not run a qualifying race, the entry must be fully motivated.

4. MASTER ATHLETES

According to the rules of the World Masters Association (WAMA) all master athletes must participate in the age category according to their age. All master athletes (35 years and older) will thus be entered into the age category according to their age on race day. Five year age categories will be used, i.e. 35-39 ; 40-44 ; 45-49 ; 50-54 ;; 95-99 ; 100+. Athletes must wear the correct ID-tags, during the race.

Age category tags are compulsory for athletes competing for prize money.

5. ENTRY FEE

The entry fee for provincial athletes will be **R150** per athlete and is payable to the LOC into the following bank account:

Bank Name : **Nedbank**
Branch : **Durban**
Branch Code : **198765**
Account Name : **KwaZulu Natal Athletics**
Account Number : **1131358201**
Reference : **SA 42km Champs - "Members Name"**

Please provide proof of payment with your entries.

The closing date for provincial entries for the SA Marathon Championships is by the close of business on **Monday, 03 April 2017**. Provincial entries must be done on the attached entry form and must be forwarded to the ASA office for attention **MEHLO HLABANGANE** (mehloh@athleticsa.co.za).

TEAM ARRIVAL: Saturday, 08 April 2017

Time	Activity	Venue
14:00-16:00	Collection of race numbers and registration	Kingspark Athletics Stadium, Durban
16:00	Team Managers Technical Meeting	Kingspark Athletics Stadium, Durban
17:00	Route Inspection	Kingspark Athletics Stadium, Durban

RACE DAY : Sunday, 09 April 2017

Time	Activity	Venue
05:30	Start of the Marathon	Kingspark Athletics Stadium, Durban
05:30	Start of the Half Marathon	Kingspark Athletics Stadium, Durban
06h00	Start of 10km	Kingspark Athletics Stadium, Durban
11:30	Victory Ceremony	Kingspark Athletics Stadium, Durban
13:00	Departure of Teams	

7. ACCREDITATION AND REGISTRATION

Upon arrival in **Durban**, teams must go directly to their respective accommodation. The team managers will be required to report to the Registration Office, located at **the Kingspark Athletics Stadium, Durban**. Registration for Provincial teams will take place between 14h00 and 16h00.

Each team will be issued with the event accreditation. The accreditation cards must be worn visibly and must be presented upon request. The cards are not transferable.

NOTE: Team Managers are responsible to ensure that:

- **Athletes are allocated the correct race number bibs.**
- **That athletes wear the correct age category tags as entered.**
- **All top three category winners are present and in full team tracksuit/provincial running gear and appropriate shoes at the medal presentation ceremony, no caps allowed.**

8. TEAM COMPETITION

All entrants of a province will constitute an **Open** team of whom the best four will score. Men and Women races shall be scored separately. The team results shall be decided by scoring the lowest aggregate of times recorded by the first four athletes in each team. The winning team will be the one with the lowest aggregate of the best four times. In the event of a tie, it shall be resolved in favour of the team whose fourth scoring member finishes nearer the first place.

9. TECHNICAL INFORMATION

Event	:	SA Marathon Championships
Date	:	Sunday, 09 April 2017
Competition Office	:	Kingspark Athletics Stadium, Durban
The Course	:	Information will be available at the Team Managers Meeting
Start	:	Kingspark Athletics Stadium, Durban
Finish	:	Kingspark Athletics Stadium, Durban

Parking for Provincial Teams will be available. More information will be available at the Team Manager's meeting.

Teams will be responsible for their own transport to the start and from the finish and are expected to make provision for the tog bags of their athletes.

10. TEAM MANAGER'S TECHNICAL MEETING

The Team Manager's Technical Meeting will take place at the **Kingspark Athletics Stadium on Saturday, 08 April 2017**, at 16:00. At least one Team Manager from each Province must attend. The meeting shall be conducted by the Technical Delegate of ASA. An agenda for the meeting will be available at the meeting.

11. ROUTE INSPECTION

Athletes and officials will have the opportunity to visit the route prior to the competition.

It will be the responsibility of the team manager to advise ASA of their team's intention to go on an inspection of the route. This information must be communicated to ASA in writing, **by not later than Monday, 03 April 2017**. Provinces must provide own transport for the route inspection.

12. REFRESHMENT STATIONS

Coke and Water will be available at refreshment stations, details of refreshment stations will be made available at the Team Managers Technical Meeting.

A table will be provided at some refreshment station for athletes' personal drinks. The official refreshment stations are the only locations where athletes may receive any seconding which must be from accredited Team Managers and Coaches only.

Team Management will be responsible for placing personal drinks on the seconding tables and will only be given access if wearing their official accreditation cards.

13. PROTESTS AND APPEALS

Any protest on the composition of a provincial team should be submitted in writing to either the ASA office on or before **Wednesday, 05 April 2017** or to the ASA Technical Delegate before 16:00 on **Saturday, 08 April 2017**.

Any competition protest must first be made orally to the Chief Referee. If the problem is not satisfactory solved, written appeals relating to the results or progress of the race, addressed to the Jury of Appeal, must be signed by the Team Manager and accompanied by a deposit of R500. The appeal and deposit must be presented to the Chief Referee within 30 minutes of the announcement of the results. The decision of the Jury of Appeal shall be published in an official manner. The claimant will receive a copy of the final decision.

14. MEDICAL SERVICES

A full medical service will be available with an ambulance along the route and a well-staffed medical facility, ambulance and a physiotherapy station at the finish.

15. ANTI-DOPING CONTROL

Anti-doping control will be conducted in accordance with the IAAF Procedural Guidelines for Anti-doping Control under the supervision of the ASA Anti-doping Control Delegate and the SA Institute for Drug Free Sport.

On receiving written notification of a test, the athlete will be permanently accompanied by an Anti-doping Control chaperone, and shall have to report to the Anti-doping Control station within 60 minutes.

They will be allowed to first participate in any medal ceremony or press conferences before reporting to the Anti-doping Control Station

Sample collection will be carried out in compliance with existing guidelines. Professionally qualified personnel, who will explain the procedure to the athletes and make them sign a consent form, will carry out the urine test.

Athletes are entitled to be accompanied to the Anti-doping Control Centre by one person of their choice. Personal identification must be presented.

16. AWARDS CEREMONY

Medal presentation shall take place on the podium, which will be located at the finish venue, commencing at 11:30.

The following awards will be made for Men and Women in the South African Championships:

- SAMA medals (Gold, Silver & Bronze) for the first three athletes in each age category 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80+
- Team Medals (Gold, Silver and Bronze) for the first three Open teams
- Individual Medals (Gold, Silver & Bronze) for the first three athletes

Please note that the Championships will be combined with the mass race and all Provincial athletes are eligible for the individual prizes in the Durban City Marathon.

All prize money finishers shall register for payment at the venue according to their positions and categories. Payment will be made after receiving of the results by Anti-Doping Control.

Team managers must ensure that all athletes from their province, who are expected to receive awards, report to the prize giving area at 11:00.

Athletes not present at the ceremony will forfeit their medals.

17. TRAVEL AND ACCOMMODATION

Travel and accommodation for the team is the responsibility of the province. Please contact Durban Tourism (031 3224164) for possible accommodation options.

18. CONTACT DETAILS

ATHLETICS SOUTH AFRICA

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