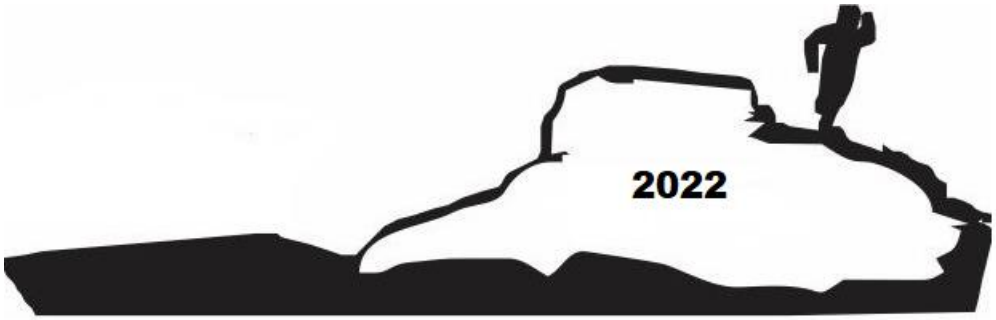
# 43rd BRUINTJIESHOOGTE MARATHON




## 50km/25km/15km/5km

**Presented by Somerset East Athletics Club**

***Saturday 14 May 2022***

SOMERSET EAST

**Race held under rules of ASA and EPA. Athletes indemnify the Provincial & Regional Bodies, sponsors or Organisers against all & any action of whatsoever nature, arising out of their participation in the race.**

**Relevant Covid-19 Restrictions apply**

**Sponsored by:**

Eyona Meats

AFRICAN WILDLIFE ARTISTRY

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# 43rd BRUINTJIESHOOGTE MARATHON

## 50km, 25km, 15km run & 5km fun run/walk

## Saturday 14 May 2022

### RULES AND GENERAL INFORMATION:

1. ***Out and back route***: All races start and finish at Gill Primary School, Somerset East (GPS – 32º72'37"S 25º58'81"E)
2. Races will start at: 07h00 (50km); 08h00 (25km & 15km) 09h00; (5km Walk/Run)
3. Covid 19 Restrictions will apply. Masks to be worn at the start of the race and then at the finish of the race by all athletes. A refund policy is in place should the event be cancelled as a result of Disaster Management restrictions.
4. 2022 licence number to be worn at front and back of vest/shirt. Race number to be worn on front of vest/shirt.
5. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license **(R40.00)** to be worn on the back of vest or plain coloured T-shirt, with the official race number on the front of the vest/T-shirt. Temporary licenced athletes are not covered by ASA group insurance and are urged to join an affiliated club. Contact EPA for more information.
6. Only licensed members of a club affiliated to ASA may participate in the 50km ultra marathon. Temporary licenses will only be available for the 25km and 15km races.
7. This race is a qualifier for the Comrades Marathon. Split times at 42.2 km until 4:49:59.
8. Registration on Friday evening (13 May 2022) from 17h00 to 21h00 at **Somerset East Bowls Club** (opposite Gill Primary School) or morning of race at Gill Primary School (50km –from 06h30; 25 km – from 07h15; 15km – from 07h15)
9. Age category tags to be worn (front and back) to qualify for age category prizes.
10. Minimum age limit on day of race: 50 km = 20 years; 25 km = 16 years; 15km = 15 years; 5km = 9 years
11. Unless otherwise directed by traffic officials or marshals, athletes must stay within the yellow line on the right-hand side of the road, facing traffic. Failure to obey may lead to disqualification.
10. The wearing of earphones or headsets is prohibited and will lead to disqualification
11. Prize Giving and lucky draws (attendance): Gill Primary School 14h00 (5km 11h00am)
12. Pasta Party: Friday at Somerset East Bowls Club 17h00–20h00. Tickets at door. Cash Bar available.
13. Meals & refreshments for sale after race.
14. Refreshment stations every 3 km. Stand and hand rule to apply.
15. Refuse bins will be provided up to 200m after every refreshment station. Please discard litter into these bins and not beyond the designated point. Intentional littering may lead to disqualification.
16. Permanent numbers for 10 completed races (50km & 25km)
17. For further information: Henrico – 083 4465598; Ronette – 083 505 7700
18. ACCOMMODATION: Gill Primary Hostel: Tel: 042 243 2997/084 556 1249;
    Gill College (High School) Hostel – Engela Wright: Tel 079 522 7207
    Bellevue Hostel – Eddie Sims 082 333 7630
    Ros Turner Tel. 042-243 1448 Cell. 073 698 6539

    e-mail: somerseteastinfo@telkomsa.net / www.somerset-east.co.za

19. Pre-entries at sport shops will be accepted until Friday 6 May 2022 at:

- **BRIAN BANDS SPORTS (**Cape Rd, Newton Park)
- **THE FOOTBALLER & SPORTS** (Cape Rd, Newton Park)
- Pre-entries via email with proof of payment will be accepted until Tuesday 10 May 2022 at: Email: ronette@gbggroup.co.za

  Banking details: Bank: Investec; Acc name: Somerset Oos Atletiekklub

  Acc nr: 50009543918; Branch code: 580105; Ref: Name & Surname

20. **COURSE RECORDS:**

| **50 km** | | **25 km** | |
|---|---|---|---|
| Jnr Men | | 1:41:33 | R. Smalberger 2008 |
| Jnr Ladies | | 2:10:49 | L. Liebenberg 2009 |
| Men's Open | 3:00:46 E. Pelem 2010 | 1:18:25 | W. Gallant 2007 |
| Men's 40 – 49 | 3:10:46 C. Mabengeza 2009 | 1:24;13 | C. Mabengeza 2007 |
| Women's Open | 3:44:29 S. Smith 2018 | 1:42,54 | F. vd Merwe 2007 |
| Women's 40–49 | 3:47:14 L. v Aswegen 2010 | 1:42,54 | F. vd Merwe 2007 |
| Men's 50 – 59 | 3:40:24 M. Mpalala 2018 | 1:37:58 | B.Bonaparte 2017 |
| Women's 50–59 | 4:34:06 L Maritz 2013 | 1:51;39 | C. Claasen 2016 |
| Men's 60 + | 4:12:32 J Styan 2012 | 1:43,07 | T. Jusayi 2007 |
| Woman's 60+ | 5:27.33 V. Spies 2016 | 2:14,01 | C. Fourie 2007 |
| Mens 70+ | 4:41.46 T. Jusayi 2012 | 2:02,03 | T. Jusayi 2013 |

**21. PRIZES**

**MEDALS 50km**

Gold – First 10 men & First 5 ladies; Silver – 11$^{TH}$ to 20th men, 6th-10th ladies;

**MEDALS 25km** – Gold - First 5 men & First 3 ladies; Silver – 6$^{th}$ to 15$^{th}$ men & 4$^{th}$ to 10$^{th}$ ladies.

Bronze medals to all runners of all distances who finish before cut-off at 13h30.

**CASH PRIZES**

| **Male & Female** | **Pos** | **50km** | **25km** | **15km** |
|---|---|---|---|---|
| **Open** | 1 | R1 700 | R850 | R300 |
| | 2 | R1 200 | R600 | R200 |
| | 3 | R800 | R400 | R150 |
| **40 - 49** | 1 | R500 | R250 | |
| **50 – 59** | 1 | R500 | R250 | |
| **60 - 69** | 1 | R500 | R250 | |
| **70+** | 1 | R500 | R250 | |
| **Juniors** | 1 | **-** | R250 | |
| **Team Prize:** | **Men (4)** | R400 | | |
| | **Ladies (3)** | R300 | | |
| **Course Records** | | R500 | R250 | |

**ENTRY FORM**

***43rd BRUINTJIESHOOGTE MARATHON – 14 MAY 2022***

Tick Appropriate Box

☐ **50km Race starts at 07h00** ☐ **25km Race Starts at 08h00**

☐ **15km Race starts at 08h00** ☐ **5km Race Starts at 09h00**

Surname: ……..……..……...

First Name: ….……..……

Sex: M☐ F☐ Identity No: ……..……..…. Age: ……..

Telephone No. ……Email: ……...

Club Name / School: ….……..……

2022 Licence No……. Province: ……...

Permanent Number: ……

Emergency Contact: …… Number: ……..…….

**INDEMNITY/WAIVER**

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF & ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event all sponsors, persons and organisations assisting in the staging the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly from the participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

**MINOR RELEASE:** and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in the proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the minor.

**ENTRY FEE**

(Tick appropriate box)

| | | |
|---|---|---|
| 50km (Only ASA Licensed club members) | R200 | |
| 25km | R140 | |
| 15km | R80 | |
| 5km | R40 | |
| Temporary Licence (25km & 15km only) | R40 | |

**Total amount: R ……**

Signature: ……Date: …..…/…..…./2022

(parent or guardian if under 18)




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E.P.A.

EASTERN PROVINCE ATHLETICS