

TEAM MANUAL



2024

SOUTH AFRICAN MARATHON CHAMPIONSHIPS

Hosted by:

KwaZulu-Natal Athletics

The South African Marathon Championships will take place in Durban on Sunday, 28 April 2024

The ASA Marathon Championships will be hosted in conjunction with the Durban International Marathon and presented by KwaZulu-Natal Athletics.

*Closing date for provincial entries is **Friday, 18 April 2024 at 12:00** (midday)*

TABLE OF CONTENTS

1. INTRODUCTION.....	3
2. ENTRIES	3
3. QUALIFYING STANDARDS.....	4
4. ENTRY FEES.....	4
5. GENERAL PROGRAMME	4
6. PRIZE MONEY FOR SA MARATHON CHAMPIONSHIPS	5
7. ACCREDITATION AND REGISTRATION	6
8. TEAM COMPETITION	6
9. TECHNICAL INFORMATION.....	6
10. TEAM MANAGER’S TECHNICAL MEETING	7
11. ROUTE INSPECTION	7
12. REFRESHMENT STATIONS	7
13. PROTESTS AND APPEALS.....	8
14. MEDICAL SERVICES.....	8
15. ANTI-DOPING CONTROL	8
16. AWARDS CEREMONY	9
17. TRAVEL AND ACCOMMODATION	9
18. CONTACT DETAILS	9

1. INTRODUCTION

The ASA Marathon Championships will take place on **Sunday, 28 April 2024** starting in **Prospecton Road, Prospecton** and finishing at **Moses Mabhida People's Park, 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 International Marathon presented under KwaZulu-Natal Athletics.

Event Website: <https://durbanmarathon.co.za>

Again ASA will join hands with the South African Masters Association (SAMA) and it will be combined championships with SAMA. SAMA age categories will apply and all Master athletes will receive SAMA medals.

All athletes must be 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 International Marathon is an open race for all athletes. The advertised Durban International Marathon prize money is available to all athletes, more details available on the website.

The Championship race is a closed competition for provincial athletes only. The ASA Championships Batch and Elite Batch will start at the same time. All athletes will compete for the prize money offered by the organizers of the open race. No individual athletes will be allowed to enter the Championship race, but they can enter the open race. The ASA Championships titles, and medals (Men & Women) will be awarded to the first provincial athletes to cross the finish line.

All provincial athletes must be South African citizens and licensed for 2024. At registration, Team Managers **WILL** be requested to provide copies of ID-books (or passports) of all provincial athletes for checking of ages.

The ASA rules on eligibility will be strictly enforced. Provincial Athletes must compete for the province where they are domicile and licensed.


Athletes not selected to represent a Province can enter the race as individuals but will not count towards the member team prizes. These individual entries must be done with the LOC on the website www.webtickets.co.za or at Pick n Pay stores. 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. **ATHLETES ENTERED FOR THE ASA MARATHON CHAMPIONSHIPS BY THEIR PROVINCE WILL BE THE FIRST PRIORITY WHEN SELECTING INTERNATIONAL TEAMS.**

3. QUALIFYING STANDARDS

MINIMUM ENTRY STANDARDS TO THE ASA MARATHON CHAMPIONSHIPS

Distance	Men	Inland	Costal
42.2KM 	Senior	2:30:00"	2:28:36"
	40-49	3:15:00"	3:08:00"
	50-59	3:26:00"	3:33:00"
	60-69	3:50:50"	3:42:00"
	70-79		
	80+		

Distance	Women	Inland	Costal
42.2KM 	Senior	3:05:00"	3:03:36"
	40-49	3:51:00"	3:51:00"
	50-59	4:15:00"	4:09:00"
	60-69	4:50:00"	4:38:00"
	70-79		
	80+		

All Provinces are required to enter athletes based on the respective individual provincial qualifying times and standards.

4. ENTRY FEES

The closing date for provincial entries for the SA Marathon Championships is **Thursday, 18 April 2024 at 12h00 (midday)**. No Late entries will be accepted. Provincial entries must be done on the attached entry link <https://www.webtickets.co.za/v2/event.aspx?itemid=1532620781> and proof of entries must be sent to ASA office, along with your proof of payment, for attention Thabang (ThabangM@athleticssa.co.za). **Please note this entry link is specific to South African Marathon Championships only, entry for South African Marathon Championships cannot be done on any other links or on the main race entry portal.**

The entry fee for provincial athletes will be **R450.00** per athlete and is payable on the website <https://www.webtickets.co.za/v2/event.aspx?itemid=1532620781> using the provincial drop-down menu.

Reference: 42,2km ASA Champs & Province Name

Please forward your proof of payment to jessica@kznathletics.co.za

5. GENERAL PROGRAMME

Saturday, 27 April 2024

Time	Activity	Venue
06:00	Route Inspection (Due to traffic congestion) - Please indicate if you will be doing the route inspection, so that all arrangements can be made.	People's Park

09:00 – 15:30	Collection of race numbers and registration	The Riverside Hotel
16:00– 17:00	Provincial Team Managers Technical Meeting	Riverside Hotel, Durban North

RACE DAY : Sunday, 28 April 2024

Time	Activity	Venue
03:30 – 04:30	Athletes' assembly - Report, and then they will be taken to the start - Confirmation will be given at the Technical Meeting	Kings Park Athletics Stadium
06:05	Start of the Marathon – The SA Championships Batch and Elite Batch	Prospecton Road, Prospecton, Durban
09:40	Victory Ceremony – Open Race First 3 Male & Female positions of the Open Event Immediately followed by Victory Ceremony - ASA Championships - SAMA Championships	Moses Mabhida People's Park, Durban

6. PRIZE MONEY FOR ASA MARATHON CHAMPIONSHIPS

Open Male & Female

1 st	2 nd	3 rd	4 th	5 th
R20 000.00	R12 000.00	R7 000.00	R6 000.00	R5 000.00

40+ Male & Female

1 st	2 nd	3 rd
R3 000.00	R2 500.00	R2 000.00



ASA Marathon Records

Men	2:06:33	Gert Thys	Tokyo	14 Feb 99
Women	2:24:03	Gerda Steyn	Spain	03 Dec 23

N.B: 2022 ASA Marathon Course Record - (Male 2:11.15 - Tumelo Motlagale, ACNW)

2023 ASA Marathon Course Record - (Female 2:30.31 – Annie Bothma, WPA)

7. ACCREDITATION AND REGISTRATION

Athletes

Provincial athletes must wear their official provincial colours.

Two race number bibs will be issued to each provincial athlete, with timing chips incorporated on both bibs. Athletes will wear the race bib in front and at the back.

During the Championship, athletes must always wear the bibs in the original shape and size, properly secured on all four corners. Please note WA Rule TR5. 7-9. any athlete who does not respect these rules will not be allowed to compete.

NOTE:

It is the responsibility of both the team manager and athlete to ensure the following are correct:

- That the correct race bibs are in the race pack
- That the correct age category is on the race bibs

All provincial athletes are required to report to the Call Room adjacent to the start.

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.

Athletes representing their province shall NOT count for the club team competition.

9. TECHNICAL INFORMATION

Event	:	ASA Marathon Championships
Date	:	Sunday, 28 April 2024
Competition office	:	KZNA
The Course	:	Information will be available at the Team Managers Meeting
Start Venue	:	Prospecton Road, Prospecton, Durban
Start Time	:	06:05
Finish Venue	:	Moses Mabhida People's Park, Durban

A drop and go transport system will be in operation at the start. Parking for Provincial Teams will be available at the finish. More information will be available at the Team Manager's meeting. Please note all roads in the area will be closed from 03:00

Bus tickets will be available at registration at R60.00 per Athlete. Please note that transport will be provided for free for all provincial TEAMS that are accommodated at River Side Hotel. Teams that require transportation to the start must meet at Kings Park Swimming pool at the time that will be announced at the team managers meeting.

Team Managers are expected to make provision for the Tog Bags of their athletes or make use of the Event Tog Bag Facility.

10. TEAM MANAGER'S TECHNICAL MEETING

The Team Managers Technical Meeting will take place on **Saturday, 27 April 2024** in the Moses Mabhida, Stadium, Durban at **16:00** (Exact meeting venue to be advised).

Two Team Managers from each Province can attend and must ensure that they have their accreditation to gain entry.

The meeting shall be conducted by the ASA Technical Delegate according to the Agenda of the ASA Road Running Commission.

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 Managers 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 **Wednesday, 24 April 2024** at **12:00** (Midday).

Route Map: <https://drive.google.com/drive/folders/1b9GxjMJ9pJIYPXkXzpSi6V4H8Mw31Ssb?usp=sharing>

12. REFRESHMENT STATIONS

Coke and Water will be available at 19 refreshment stations; details of refreshment stations will be made available at the Team Managers Technical Meeting.

A table will be provided at refreshment stations 5km intervals for provincial athletes' personal drinks. The official refreshment stations are the only locations where athletes may receive any personal seconding which must be from accredited Team Managers only.

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

13. PROTESTS AND APPEALS

Provincial entries close on Thursday, **18 April 2024** at **12:00**. No late entries will be accepted. Provincial entry lists will be circulated to all members once entries are finalized.

Any protest on the composition of a provincial team must be submitted in writing to the ASA office (Thabang Maleka at ThabangM@athleticsa.co.za) on or before **Monday, 22 April 2024**.

Any competition protest must first be made orally to the Chief Referee. To escalate the matter further, 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 Technical Information Centre within 30 minutes of the decision of the Referee or 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 supplied by the event and all details will be announced at the Team Managers meeting.

15. ANTI-DOPING CONTROL

Anti-Doping Control will be conducted in accordance with the WA Procedural Guidelines for Anti-Doping Control under the supervision of the ASA Anti-Doping Control Delegate and the AIU through SAIDS.

Athletes that require submitting a **Therapeutic Use Exemption Form (TUE)** must do so to **Sakumzi Qotsini** at the **South African Institute for Drug-Free Sport** at sakumzi@saidso.org.za at least 30 days before the Competition.

Pre-race and post-race: 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.

Athletes 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 ask them to sign a consent form, will carry out the necessary sample collection.

Athletes are entitled to be accompanied to the Anti-Doping Control Station by one person of their choice. Personal identification (ID) must be presented.

16. AWARDS CEREMONY

ASA Marathon Championships medal presentation will take place on the podium, which will be located at the finish venue.

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

- **Individual Medals (Gold, Silver & Bronze) for the first three athletes**
 - Open top 3 men and women
 - 40+ top 3 men and women
 - SAMA top 3 in each category for men and women
- **Teams (Gold, Silver & Bronze)**
 - Open top 3 teams' men and women
 - 40+ top 3 teams' men and women

Please note that the Championships will be combined with the Durban International Marathon and all Provincial athletes are eligible for the individual prizes in the race. All prize money winners will be requested to provide banking details. The Team Managers can collect the forms at the TIC on race day. Payment will be made within 60 days of receipt of the test results from Anti-Doping Control.

17. TRAVEL AND ACCOMMODATION

Each province is responsible for travel and accommodation for their team. Please contact EThekweni Tourism (Tel: 031 –322 4164 / Website: <http://visitdurban.travel>) for possible accommodation options. The Riverside Hotel in Durban North is the designated race hotel and will provide buses for teams from hotel to the start and back to the hotel after the race. (Hotel contact details are 031 563 0600/website: www.riversidehotel.co.za)

18. CONTACT DETAILS



Thabang MALEKA
Tel: (011) 880 5800
Email: ThabangM@athleticsa.co.za