



SUNDAY 11 FEBRUARY 2024  
SAHETI SCHOOL, SENDERWOOD

## NUMBER COLLECTION

Collect your Race Number from the race number collection venues listed below. Please be sure to bring the race number confirmation email with you to Number Collection

**Friday 9 February from 10h00 – 18h00**  
Jeppe Quondam (79 Boeing Rd East, Bedfordview)

**Saturday 10 February from 09h00 – 17h00**  
Saheti School (corner Civin Dr and Linksfield Dr, Senderwood)

Entrants are able to collect race numbers for fellow runners PROVIDED they bring a copy of the fellow runner's race number confirmation email and ID.

Entrants who select and pay for the courier option will not need to collect their race numbers. You will however be required to collect any merchandise from Number Collection on race day.

No substitutions will be available.

## START

The 21km, 42km and 10km line up from 05h00 underneath the start banner. The George Bizos 5km Fun Run must line up along the service road to the right of the start arch.

The start is along Civin Drive. The gun goes off at 06h00 sharp for the 21km, 42km & 10km races and 06h30 for the George Bizos 5km Fun Run.

## CUT-OFF TIMES

The official cut-off time for Half Marathon is 3.5 hours.  
The Marathon's cut-off time is 6 hours.

**19km at 2hours 45min**  
**34km at 5hours**  
**37km at 5hours 30min 39km at 5hours 45min**

**Sweep/Rescue buses** will be roving along the route to pick up runners that do not make the cut-off times or those who cannot complete the race for any reason. If you are picked up, you will be disqualified from the race and you will not receive a time.

## FINISH

Once you are over the line, you will receive your commemorative medal. You will also receive cold water and coke.

The finish venue is on the main fields of Saheti School. You are welcome to put up club gazebos on the Saturday before the race, space is available on a first come first served basis.

There are public vendors with food and cooldrinks on sale, so bring some cash and have some lunch while watching your teammates finish!

## CGA CHAMPS

CGA Marathon champs will be held in 2024 at the Jeppe Marathon, CGA Marathon champs are mandatory for athletes wishing to be considered for selection to the CGA team for SA marathon champs.

Gold, Silver and Bronze medals will be awarded in each category for men and women from Senior, 40+, 50+, 60+

## CHARITY

**George Bizos SAHETI Scholarship and Bursary Fund (GBSSBF)** - In 2003, the Board of SAHETI, on the initiative of Advocate George Bizos and his initial financial contribution, established a Scholarship and Bursary Fund to assist and attract learners of outstanding ability who are in financial need. In announcing the establishment of the Fund, Advocate Bizos emphasized that the spirit of Hellenism belongs to the world at large, and that SAHETI has a special responsibility to nurture it. "Our doors should be open to at least some pupils of excellence who would otherwise be unable to afford a quality education." There are many learners from various communities who yearn to learn at SAHETI and whose parents do not have the means.

**The Balwin Foundation** - The Balwin Foundation has long been committed to forging a brighter future for underserved communities, focusing on the transformation of one life at a time. Our initiative encompasses a broad spectrum from education and healthcare to food provision and essential support, all aimed at making a lasting impact on those who need it most.

**Race Office 063 772 3537 (not on race day)**

## CGA TEMPORARY LICENCES

**10km = R60 | 21km = R70 | 42km = R200 per temporary licence**

When purchasing a temporary license, runners are now eligible for insurance from ASA / CGA for the duration of the race only. This means it is vital to complete the tear off strip on the number and this must be deposited into the collection boxes at the end of the race before you leave the finish tent. Runners failing to complete the slip or deposit it in the collection box will not be covered by the insurance.

## TIMING

All events are timed by Peak Timing. Temporary timing chips are supplied on the race numbers.

Please remember that the race is timed mat-to-mat and both your Net and Gun Times will be available in your result. Should you be doing the marathon, your net (mat-to-mat) time will automatically be sent to Comrades for consideration for qualifying purposes. Should you not cross the start mat you will be given a gun-to-finish-mat time. You must cross the start mat within 10 minutes from the start gun to be an official starter in the race.

As per IAAF and ASA Rules prizes will be awarded strictly on gun-to-finish-mat time.

No Number, No Result.

## PARKING

**FREE PARKING** available in designated parking areas which are clearly marked on the venue map.

**You must arrive early to avoid delays.**

The parking area's open at 04h00. Please listen to the parking marshals. SARZA (Search and Rescue South Africa) and the EMPD are there to help with traffic management. In order to make your parking experience smooth and incident free, listen to their instruction. If a parking area is full you will be directed to the next available parking area. The parking marshals and car guards are paid for the day, so tips are not required.

**All parking is at own risk.**

## WATER POINTS

There are 7 water points along the route fully stocked with Coca-Cola, ice and water sachets. There are also portaloos at each point.

There are 3 water points on the 10km route and 2 water points on the 5km Fun Run.

**Stash Your Trash!** Please make sure you throw your left-over cups or water sachets into the bins provided at the water points.

## MEDICAL

**EMC are our medical support provider.**

There are roving ambulances and a medical tent at the finish venue. If you feel ill at the finish you must visit the medics who can give you a quick check up. Do not run if you are feeling ill or have the flu. Please consult your doctor before participating in our event if you have any pre-existing conditions. If you should need medical or other assistance out on the race route, please use the emergency number to contact officials, or find a marshal at the closest intersection.

## Personal Safety Notice:

There have been incidents of bag tampering at events. The organisers ask that you please be aware of the people around you. Keep your bag close to your person on the front of your body. If you notice any person tampering with bags, please notify us immediately at the JOC.

We suggest you drop your bags off at our secured Tog Bag area above the main field. Look out for the directional signage.

**We wish you all the best on race day, see you at the finish line!**