



**T. Shirts and medals all
11 October 2020
Start: 6:00 – 18:00
No temp licences required**



5km , 10 km & 21 km
R100 R130 R180



Laster – 082 4706461

Protas – 078 4466355

Race Pack collection dates 9 & 10 October 2020 –@ Ushaka Wahooz – Promenade
Buy ticket online on www.webtickets.co.za or at any PICK n PAY

1. Ushaka Race will be run in accordance with rules of WA (IAAF), ASA and KZNA and all participants are to abide by these rules.
2. Ushaka Marathon is open to all licensed and non-licensed runners.
3. No post dated cheques nor any postal orders will be accepted.
4. Monies are not refundable for non-participation in the event for whatever reason.
5. Entries may not be exchanged.
6. Prizes will only be given for the race you enter. Prize giving will take place at the finish. Prize giving will be at 10h00
7. Temporary licenses are available at **R40.00** for 10km and **R55.00** for 21.1km race.
8. All participants must wear their race number on the front & back of their vest, crop top or T-shirt.
The number with a timing chip must be worn on the front. Do not fold or damage the chip nor remove the foam backing strip.
9. All the road races are run in strict accordance with the rules of WA (IAAF), ASA & KZN Athletics.
10. Age category identification (i.e. J for juniors 35,40,50 & 60)
11. Refreshments stations will be situated approximately every 3km.
12. Age category prize winners may be requested to provide proof of age.
13. Baby joggers and prams are allowed on route and must start at the back of race. ASA Rule 34.10.3
14. All licenced athletes are covered by limited ASA insurance.
15. All foreign athletes must comply with the WA (IAAF) rule 22,1 4.2 and 142 and ASA 9.
16. All Marshals, Security officers, Race officials, SA Police & Traffic officials must be obeyed.
17. Wheelchair participants are encourage to take part. ASA rule 41 and 45.5.11
18. The use of music players with headphones is not allowed and may result in disqualification. WA (IAAF) Rule 144.3(b) and ASA Rule 34.10.6 .
19. No swopping of race numbers or chips as these are linked to your names and finishing time and may result in disqualification
20. Toilets will be available at the start and at the finish as well as Parking's available – first hour is free second hour is R11:00 + from third hour R1 is added.
21. No ambush marketing is allowed.
22. Do not litter. ASA Rule 28
23. The time limit to finish the race is 10h00.
24. Results will be available on www.ushakarace.co.za
25. All finishers will receive a medal.