



Proudly hosted by  
Amanzimtoti AC



# 2010 GOSS & BALFE SOUTH COAST MARATHON

Sunday 10 October 2010  
42.2km Run & 21.1km Run/Walk

## ENTRY FEES & PROCEDURE

42.2km - R70 / 21.1km - R40  
(Temporary Licences - R20)

Pre-entries taken on-line at:  
[www.enteronline.co.za](http://www.enteronline.co.za)

Banking Details for deposits/internet  
banking: Nedbank. Account No:  
1304069729, Branch: 130426.

Please include KZN licence number as reference  
and fax copy of deposit slip to 031 903 2430  
(Att: Naas)

Late entries will be taken on Saturday 9  
October 2010 between 9am and 4pm, also on  
Sunday 10th October 2010 between 3:30am  
and 4:30am at Hutchison Park only!  
No entries will be taken at the starts at  
Scottburgh or Ilfracombe.

Enter before 24 September 2010 and we  
guarantee your t-shirt size



Free train  
ride!!!

## TRANSPORT ARRANGEMENTS

Free transport by train for competitors to  
Ilfracombe and Scottburgh, leaving at  
05:00 hrs sharp from Amanzimtoti train  
station. Both runs start @06H00 and finish at  
Hutchison Park – Amanzimtoti. There are safe  
and ample parking at Hutchison Park.

## PRIZE-GIVING

This race is a Comrades and Two Oceans  
qualifier and have a 5-hour cut-off. Prize-giving  
will be at 10H00 for the 21.1km run/walk and  
11H00 for the marathon.

**Longsleeve t-shirts to ALL  
marathon finishers only and  
Shortsleeve t-shirts to ALL 21.1km  
run & walk finishers**

Numerous Lucky Dip Prizes and one pair New  
Balance Running Shoes sponsored by  
Sports Buzz

## ENQUIRIES

Naas Olivier: 072 388 7515  
Des vd Merwe: 082 806 0348  
Renier Fouche: 084 504 9808

[toti.ac.secretary@gmail.com](mailto:toti.ac.secretary@gmail.com)

Log onto [www.totiac.co.za](http://www.totiac.co.za) and  
download a race information pack



## RACE RULES & REGULATIONS:

1. Race is run under the rules of the IAAF, ASA & KZNA.
2. Age restrictions- 20 + years for 42.2km and 16 + years for 21.1km
2. Walkers must wear walker's tags on front & back of vest.
3. Foreign athletes must comply with iaaf rule 4.2 and 142
4. No personal seconding are allowed
5. Athletes must wear licence number on front & back of vest.
6. Proof of I.D. & Age will be requested on race day for category winners.
7. Only athletes wearing the new category tags (35, 40, 50, 60) on front & back of vest will be eligible for prizes.
8. Pre and post hydration available.
9. Improved refreshment tables on route.
10. Free tea & coke to all participants at finish.
11. Tog bag facility available at start & finish.



**PLEASE NOTE THAT THE PREMISES AT HUTCHISON PARK ARE LICENCED AND WE APPEAL TO CLUBS TO PLEASE PURCHASE FROSTIES FROM THE BAR AT THE TOTI SPORTS CENTRE.**

## PRIZE MONEY

CATEGORY	MARATHON	HALF MARATHON
<b>RUNNERS</b>		
Open men & ladies	R2000 R1000 R750 R500 R250	R400 R300 R200
Men & ladies (35 – 39)	R300 R200 R100	R150 R100
Men & ladies (40 – 49)	R300 R200 R100	R150 R100
Men & ladies (50 – 59)	R300 R200 R100	R100
Men & ladies (60 +)	R300	R50
Team of 4 open men	R100 X 4	
Team of 4 open ladies	R100 X 4	
Team of 3 men (40 + )	R75 X 3	
Team of 3 ladies (40 + )	R75 X 3	
Junior men & ladies		R50
<b>WALKERS</b>		
Open men & ladies		R300 R150 R75
Men & ladies (40 - 49)		R50
Men & ladies (50 - 59)		R50
Men & ladies (60 +)		R50

## SOUTH COAST MARATHON

Fax deposit slip & completed entry form to 031 903 2430 (Att Naas) or scan & email to [toti.ac.secretary@gmail.com](mailto:toti.ac.secretary@gmail.com)

**Surname:** .....

**Date of Birth:** .....

**Name:** .....

**Licence No:** .....

**Postal Address:** .....

**Age (on race day):** .....

.....

**Age Category:** .....

**Province:** .....

**Male/Female:** .....

**Cellphone:** .....

**Runner/walker:** .....

**Club (in full):** .....

**Race entered (21/42):** .....

**ID Number:** .....

**T-Shirt Size (please mark with X)**

**Permt Residence No:** .....

<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>
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**Passport No:** .....

ATHLETES MUST BE MEDICALLY FIT AND RUN/WALK AT THEIR OWN RISK. THE ORGANISING CLUB WILL NOT BE HELD RESPONSIBLE FOR ANY ILLNESS, INJURY OR LOSS OF PROPERTY, BEFORE, DURING OR AFTER THE RACE.

I agree to abide by the rules as printed – Signature