

TEAM MANUAL



2019

SOUTH AFRICAN MARATHON CHAMPIONSHIPS

Hosted by:

Western Province Athletics

*The South African Marathon Championships will take place in **Green Point, Cape Town** on **Sunday, 15 September 2019***

*The SA Marathon Championships will be hosted in conjunction with **the Sanlam Cape Town Marathon** and presented by **Western Province Athletics**.*

*Closing date for provincial entries is **Monday, 26 August 2019***

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1. INTRODUCTION

The SA Marathon Championships will take place on Sunday, 15 September 2019, in Green Point, Cape Town. 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 Sanlam Cape Town Marathon presented by Western Province Athletics.

Event Website: www.sanlamcapetownmarathon.com

Again ASA will join hands with the South African Masters Association (SAMA) and it will be a 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 Sanlam Cape Town Marathon is an open race for all athletes. The advertised prize money is available to all athletes.

The Championship race is a closed competition for provincial athletes only and will start together with the open race. 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 Championship 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 2019. At registration, Team Managers might be requested to provide copies of ID-books (or passports) of athletes for checking of ages.

The ASA rules on eligibility will be strictly enforced. National 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 their website www.sanlamcapetownmarathon.com and the 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 NOT PARTICIPATING FOR THEIR PROVINCES AT THE ASA MARATHON CHAMPIONSHIPS, WILL NOT BESELECTED TO REPRESENT SOUTH AFRICA

The provincially selected athletes will be seeded at the front of the start, in a separate block.

3. QUALIFYING STANDARDS

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

4. MASTER ATHLETES

According to the rules of the World Masters Association (WAMA) all master athletes must participate in the age category according to their age. All master athletes (35 years and older) will thus be entered into the age category according to their age on race day. Five year age categories will be used, i.e. 35-39 ; 40-44 ; 45-49 ; 50-54 ;; 95-99 ; 100+. Athletes must wear the correct ID-tags, during the race.

Provincial athletes will receive two race bibs. Age category tags will be included on the race bibs for provincial and elite athletes.

5. ENTRY FEE

The entry fee for provincial athletes will be **R255** per athlete and is payable to the LOC into the following bank account:

Account Name: Cape Town Marathon

Bank: ABSA

Account No: 4056750065

Branch Code: 632005

Reference: 42,2km ASA Champs & Province Name

Please forward your proof of payment to events@wpathletics.co.za and mehloh@athleticssa.co.za

The **closing date** for provincial entries for the SA Marathon Championships is by the close of business on **Monday, 26 August 2019**. Provincial **entries must be** done on the attached entry form and must be **forwarded to the ASA office, along with your proof of payment, for attention MEHLO HLABANGANE (mehloh@athleticssa.co.za)**.

6. GENERAL PROGRAMME

Saturday, 14 September 2019

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.	
12:00 – 13:00	RSA Athletes & Coaches workshop IAAF - Know the status of your Athlete. (For Elite provincial athletes to be nominated by the provinces)	SS Cullinan Hotel - Protea Room
14:00 – 15:15	Collection of race numbers and registration	Conference Room, Tsogo Sun Waterfront, 1 Lower Buitengracht, Cape Town City Centre, Cape Town 33°54'56.92" S 18°25'25.90" E
15:15 - 16:30	SA Team Managers Technical Meeting (this meeting is after the IAAF events technical briefing session which takes place at 13h45-15h00)	Conference Room, Tsogo Sun Waterfront, 1 Lower Buitengracht, Cape Town City Centre, Cape Town 33°54'56.92"S 18°25'25.90" E

RACE DAY : Sunday, 15 September 2019

Time	Activity	Venue
05:00 – 06:25	Athletes assembly - Report, and then they will be taken to the start. - Confirmation will be given at technical meeting	Beach club, Haul Road
06:40	Start of the Marathon	Beach Road, corner of Granger Bay and Beach Road, Green Point

07:30	Start of 10km	Corner of Granger Bay Blvd and Fritz Sonnenberg Road, Green Point
12:00	Victory Ceremony – SA Champs	Vlei Road, Cape Town Stadium precinct, Green Point
12:00	Victory Ceremony - SAMA	Vlei Road, Cape Town Stadium precinct, Green Point
13:00	Departure of Teams	

7. PRIZE MONEY FOR SA MARATHON CHAMPS

Male & Female

1st	2nd	3rd	4th	5th
R30 000	R20 000	R15 000	R10 000	R7 500

Open Team Prizes: (Male & Female)

1st	2nd	3rd
4 x R2 000	4 x R1 500	4 x R1000

40+ Team Prizes: (Male & Female)

1st	2nd	3rd
3 x R2 000	3 x R1 000	3 x R750

SA Record: R10 000 (Male & Female)

Male: 2:06:33 (SA Record)

Female: 2:26:35 / 2:25:15 (Aided) (SA Record)

8. ACCREDITATION AND REGISTRATION

The team managers will be required to report to the Registration Office, located at the Tsogo Sun Waterfront, 1 Lower Buitengracht, Cape Town City Centre, Cape Town. Registration for Provincial teams will take place on Saturday 14 September 2019 between 14h00 and 16h00.

Each team will be issued with the event accreditation. The accreditation cards must be worn visibly and must be presented upon request. The cards are not transferable.

TWO special License Bibs will be issued to each provincial athlete. Timing chips will be incorporated in the bib.

During the competition, athletes must always wear the numbers in the original shape and size, properly secured on the four corners. Please note IAAF Rule 143.7-9. Any athlete who does not respect these rules will not be allowed to compete. It will not be necessary for provincial and elite athletes to wear ASA licenses.

NOTE: Team Managers are responsible to ensure that:

- **Athletes are allocated the correct race number bibs.**
- **Athletes have the correct age categories on their race bibs.**
- **All top three category winners are present and in full team tracksuit/provincial running gear and appropriate shoes at the medal presentation ceremony, no caps allowed.**

9. TEAM COMPETITION

All entrants of a province will constitute an Open team of whom the best four will score. All entrants of a province aged 40 and above, in addition to counting for the Open team, will constitute a 40+ team of whom the best three 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/three athletes in each team. The winning team will be the one with the lowest aggregate of the best four/three times.

In the event of a tie, it shall be resolved in favor of the team whose fourth/third scoring member finishes nearer the first place.

Provincial athletes must wear their official provincial colors.

Athletes selected for their province who have brand ambassador responsibilities, must be declared at the team managers meeting.

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

10. TECHNICAL INFORMATION

Event	:	SA Marathon Championships
Date	:	Sunday, 15 September 2019
Competition Office	:	Tsogo Sun Waterfront, 1 Lower Buitengracht, Cape Town City Centre
The Course	:	Information will be available at the Team Managers Meeting
Start (Time: 06:40)	:	Beach Road, corner of Granger Bay and Beach Road, Green Point
Finish	:	Vlei Road, Cape Town Stadium precinct, Green Point

Parking for Provincial Teams will be available. More information will be available at the Team Manager's meeting.

Teams will be responsible for their own transport to the start and from the finish and are expected to make provision for the tog bags of their athletes or make use of the Event Tog Bag Facility.

Gazebo's:

The Sanlam Cape Town Marathon have opened the Gazebo bookings for the Sanlam Cape Town Marathon finish area, which is situated on the Shared Fields off Vlei Road in Green Point. To book your spot please email events@wpathletics.co.za with the following details:

- Province:
- Contact person:
- Contact email address:
- Contact cell number:
- Gazebo (3mx3m) spots requesting (there is a maximum of 2 spots per Provincial Team):

Please bear in mind that space is limited, so we will be treating the applications on a first come first served basis.

The following rules apply to this area:

- No flags or external branding is allowed.
- Please note that no braais or gas cookers will be allowed onto the field.
- No alcohol is to be brought into the premises.
- No electrical power will be available from the event's generators.

A confirmation letter with all the instructions will be sent to successful applicants.

11. TEAM MANAGER'S TECHNICAL MEETING

The Team Manager's Technical Meeting will take place on Saturday 14 September 2019 in the **Conference Room, Tsogo Sun Waterfront, 1 Lower Buitengracht, Cape Town City Centre, Cape Town**, at 15:15. At least one Team Manager from each Province must attend. The meeting shall be conducted by the Technical Delegate of ASA. An agenda for the meeting will be available at the meeting.

12. 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 manager 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 Monday, 26 August 2019**.

Transport will be arranged by Western Province Athletics.





13. REFRESHMENT STATIONS

Coke and Water will be available at the race refreshment stations, details of refreshment stations are on the event website and will be made available at the Team Managers Technical Meeting.

A table will be provided at some refreshment station for provincial and elite 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 and Coaches only.

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

14. PROTESTS AND APPEALS

Provincial entries close on Monday 26 August 2019.

Provincial entry lists will be circulated to all members by Friday 30 August 2019.

Any protest on the composition of a provincial team must be submitted in writing to the ASA office (Mehlo Hlabangane) mehloh@athletics.co.za on or before Friday 6 September 2019.

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.

15. MEDICAL SERVICES

A full medical service will be supplied by the event. In addition, a physiotherapy station will be available at the finish.

In the case of emergency contact numbers are as follows: Medical Emergencies: 080 911 9111 and General Enquiries: 021 417 4150

16. ANTI-DOPING CONTROL

Anti-doping control will be conducted in accordance with the IAAF Procedural Guidelines for Anti-doping Control under the supervision of the ASA Anti-doping Control Delegate and the SA Institute for Drug Free Sport.

Athletes that require to submit a Therapeutic Use Exemption Form (TUE) must do so to the ASA office at least 45 days before the Competition. As an IAAF Label event these TUE's will be submitted to the IAAF.

If a TUE has been submitted to ASA it must be indicated on the entry form.

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.

They 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 make them sign a consent form, will carry out the necessary tests.

Athletes are entitled to be accompanied to the Anti-doping Control Centre by one person of their choice. Personal identification must be presented.

17. AWARDS CEREMONY

Medal presentation shall take place on the podium, which will be located at the finish venue, commencing at 12:00.

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

- Individual Medals (Gold, Silver & Bronze) for the first three athletes
- 12:00 SAMA medals (Gold, Silver & Bronze) for the first three athletes in each age category 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80+
- Team Medals (Gold, Silver and Bronze) for the first three Open & Vet teams.

Please note that the Championships will be combined with the mass race and all Provincial athletes are eligible for the individual prizes in the Sanlam Cape Town Marathon.

All prize money winners will be requested to provide banking details. Payment will be made after receipt of the test results from Anti-Doping Control.

Team managers must ensure that all athletes from their province, who expect to receive awards, report to the prize giving area at 11:00. NO ATHLETE NO PRIZE MONEY

Except as provided for in ASA rule 2.9, athletes not present at the ceremony will forfeit their medals.

18. TRAVEL AND ACCOMMODATION

Each province is responsible for travel and accommodation for their team. Please contact Cape Town Tourism (Tel: 086 132 2223 / Email: info@capetown.travel.co.za / Website: www.capetown.travel) for possible accommodation options.

ATHLETICS SOUTH AFRICA

Event Presentation Manager

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