



ATHLETICS SOUTH AFRICA NPC
Athletics House, No. 3, 11th Avenue, Houghton Estate, Johannesburg, 2198
Tel: (+27) 11 880 5800 Fax: (+27) 11 788 6872 / (+27) 11 442 3091
P O Box 2712, Houghton, 2041; www.athletics.org.za
P O Box 2712, Houghton, 2041; www.athletics.org.za

To: ASA Members
From: ASA Office
Date: 4 May 2023
No Pages: 1 + 2 attachments

Dear ASA Members

CIRCULAR 15 OF ASA 2023 – ASA 2023 HALF MARATHON CHAMPIONSHIPS

Kindly note that the 2023 ASA Half Marathon Championships in conjunction with the Nelson Mandela Bay Race will take place at Pollock Beach, Summerstrand, Gqeberha on Saturday, 3 June 2023.

Provinces should kindly note that all athletes that are entered for the ASA Half Marathon Championships should be licensed.

Kindly receive the following information in this circular:

1. Team Manual
2. Entry Form – 2023 ASA Half Marathon Championships

For any queries please contact the ASA Competitions Department, Thabang Maleka @0118805800 thabangm@athleticssa.co.za .

(Not signed due to electronic sending)

Terrence Magogodela
ASA: Acting CEO

James MOLOI (President) Shireen NOBLE (Vice President)
Jean VERSTER (Chair Track & Field) Hendrick MOKGANYETSI (Chair Athletes)
Norma NONKONYANA (Additional) Ntathu GWADISO (Additional)

Jakes JACOBS (Chair Cross Country) Enoch SKOSANA (Chair Road Running)
Esther MALEMA (Additional) Adelina RANTHIMO (Additional)
Jazz MNYENGEZA (USSA Rep) Sabata Kumalo (SASA Rep)

Mervyn KING

Honorary Members:
Mluleki GEORGE

Board Members

TEAM MANUAL



2023

ASA NATIONAL HALF MARATHON CHAMPIONSHIPS

Hosted by Eastern Province Athletics

*The Athletics South Africa Half
Marathon Championships will take
place at Pollock Beach,
Summerstrand, Gqeberha on
Saturday, 3 June 2023*

*The ASA Half Marathon
Championships will be hosted in
conjunction with the Nelson
Mandela Bay 21.1km race
presented by Eastern Province
Athletics*

*Closing date for Provincial entries is
Friday 19 May 2023*

TABLE OF CONTENTS

1.	INTRODUCTION	3
2.	ENTRIES	3
3.	QUALIFYING STANDARDS	4
4.	ENTRY FEE	5
5.	GENERAL PROGRAMME	5
6.	PRIZE MONEY ASA CHAMPIONSHIPS.....	6
7.	ACCREDITATION AND REGISTRATION	8
8.	PARKING.....	8
9.	MEDIA ACCREDITATION.....	8
10.	IMPORTANT REGULATIONS AND PROCEDURES.....	10
11.	TEAM COMPOSITION	11
12.	TECHNICAL INFORMATION	11
13.	TEAM MANAGER'S TECHNICAL MEETING.....	11
14.	ROUTE INSPECTION	12
15.	REFRESHMENT STATIONS	12
16.	PROTESTS AND APPEALS	13
17.	MEDICAL SERVICES	13
18.	ANTI-DOPING CONTROL	14
19.	AWARDS CEREMONY	14
20.	TRAVEL AND ACCOMMODATION	15
21.	CONTACT DETAILS	15
22.	ROUTE MAP.....	16

1. INTRODUCTION

- 1.1 The meeting will be conducted under the rules of World Athletics (WA) and ASA. The race is a World Athletics Elite label event and will be subject to the label regulations.
- 1.2 It is a competition for both Men and Women, and is open to all ASA Member Provinces and Associate Members including Countries in the Southern Region, and any World Athletics Elite Label athlete invited to participate by the organizers.
- 1.3 The ASA National Half Marathon Championships is only open to licensed South African athletes, (as defined by ASA rules) and selected by the Provinces.
- 1.4 All Championships athletes must be licensed through the ASA Club structures in the Athletics Provinces, with foreign invited athletes covered by the temporary license system.
- 1.5 All Championships entries must be done through the Provinces or Associated Members.
- 1.6 Team competition between provinces will remain as specified in the prizes section.
- 1.7 ***AN ATHLETES TECHNICAL MEETING FOR ALL LABEL EVENT ATHLETES WILL BE COMBINED WITH THE ASA TECHNICAL MEETING.***

2. ENTRIES

- 2.1 The event is in effect three races run concurrently:
 - 2.1.1 The Nelson Mandela Bay Half Marathon ELITE Label is an open race for all athletes. The advertised prize money is available to all these athletes.
 - 2.1.2 There will be one start with holding area demarcated for Elite Men, Elite Women , Provincial Athletes and contenders, as well as the Open Race.
 - 2.1.3 Elite International and South African Label athletes, as well as all provincially selected athletes, will commence in one group.
- 2.2 All performances including the World Label Race, ASA championships, will be timed from Starting Gun to Finish line mat as separate races.
- 2.3 The ASA Championships race is a closed competition for provincially selected athletes only.
 - 2.3.1 The ASA Championship titles and medals (Men & Women) will be awarded to the first licensed South African athlete who will be representing his/her province to cross the finish line.
 - 2.3.2 All provincial athletes must be licensed athletes for 2023. At registration, Team Managers may be requested to provide copies of ID-books (or passports) of athletes for checking of ages.

- 2.3.3 The ASA rule on eligibility will be strictly enforced.
- 2.4 No individual athletes will be allowed to enter the Championship race, but they can enter the open race as contenders, providing they meet the qualifying criteria.
- 2.4.1 Athletes not selected to represent a province can enter the open race as individuals, but may not wear provincial colours, and will not count towards the member team prizes. These entries must be sanctioned by the province and are done with the LOC. The individual athletes must pay their own entry fee as stipulated on the brochure of the race.
- 2.4.2 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 colours or any unbranded kit.
- 2.4.3 Athletes not participating for their Provinces at the ASA Half marathon championships, will not be selected to represent South Africa.
- 2.5 An athlete may not enter an age category differing from their chronological age on race day. Proof of age may be required at registration and or prize giving. Failure to provide such proof will result in the award being made to the next fastest competitor.
- 2.6 All runners must be capable of a 3-hour half marathon. Athletes that are being overtaken by the overall winners before reaching the finish gantry on the first lap, will be asked to pass the gantry on the land side of the road.
- 2.7 World Athletics Elite Bronze Label, ASA Championship athletes and prize winning contenders will start at the demarcated start chute in front of the mass runners.

3. QUALIFYING STANDARDS

Qualifying standards for the event is listed below. Athletes may use any official event (5000m/10000m Track/10km Road Race) to qualify. The necessary modification to allow for fair comparisons of venue and distance will be done by the organisers.

The qualifying criteria for this group are as per table below.

Age Category	Inland	Costal	Age Category	Inland	Costal
Open Men	1:11:00	1:10:18	Open Women	1:35:00	1:34:18
Men 40-49	1:26:00	1:25:00	Women 40-49	1:40:00	1:39:00
Men 50-59	1:35:00	1:34:00	Women 50-59	1:47:00	1:48:00
Men 60 – 69	1:50:00	1:49:00	Women 60 - 69	2:00:00	1:59:00
Men 70+	1:59:00	1:58:00	Women 70+	2:10:00	2:05:00
Junior Men	1:30:00	1:29:18	Junior Women	1:50:00	1:49:18

If a provincial member would like to enter an athlete/athletes that did not run a qualifying race, **the entry must be fully motivated in writing to ASA, copied to the LOC no later than 1 week prior to the closing date.**

Provinces may use their own Provincial qualifying standards. The table above is only a guideline.

4. ENTRY FEE

The entry fee for provincial athletes will be R160 per athlete and is payable to the LOC into the following bank account:

Bank Name : ABSA Bank
 Branch : Newton Park
 Branch Code : 632 005
 Account Name : EP Athletics
 Account Number : 010 428 313 83
 Reference : 21km - "Members Name"

Please provide proof of payment with your entries. No race numbers will be issued to Team managers unless full payment is received **1 week** prior to registration.

The closing date for provincial entries for the ASA National Half Marathon Championships is by the close of business on **Friday, 12 May 2023. NO LATE ENTRIES WILL BE ALLOWED. All Provincial entries received will receive a Nike race T-shirt.**

Provincial entries must be done on the attached entry form and must be forwarded to the ASA office for attention of Thabang Maleka

Email: ThabangM@athleticssa.co.za

Tel: (011) 880 5800

5. GENERAL PROGRAMME

5.1 TEAM ARRIVAL: Friday, 2 June 2023

Time	Activity	Venue
12:00	Route Inspection If requested by Provinces.	Pollock Beach, Summerstrand
12:00-17:00	Collection of race numbers and registration	Marine Hotel
15:00 – 16:00	Media Briefing	Marine Hotel
16:00	ASA Team Managers Technical Meeting and World Athletics Elite Athletes Technical meeting:	Marine Hotel

	compulsory for all athletes with performance meeting criteria in Section 11 of this document.	
--	-----------------------------------------------------------------------------------------------	--

5.2 RACE DAY : Saturday, 3 June 2023

Time	Activity	Venue
06:15 – 06:45	Athletes assembly Warm up and report to call room gazebo before allowed into start area. Final details to be given at Technical Meeting.	Grass Area adjacent to the start
07:00	Start of the World Athletics Bronze label – Elite MEN, Elite Women, Provincial Athletes, Contenders	Pollock Beach, Summerstrand
08:15 08:20 08:30 08:40 10:30	On line presentation top 3 men Elite Label event On line presentation SA champs top 3 men On line presentation top 3 Elite Label women On line presentation SA champs top 3 women Cut off of event.	Provincial tracksuits to be worn – exact time depending on live coverage of race winners

6. PRIZE MONEY FOR ASA HALF MARATHON CHAMPIONSHIPS –SOUTH AFRICAN LICENCED ATHLETES ONLY

1st	2nd	3rd	4th	5th
R15 000	R10 000	R7 000	R5 000	R3 500
6th	7th	8th	9th	10th
R2 500	R2000	R1500	R1000	R800

Junior Men & Women

1 st	2 nd	3 rd
R2000	R1 500	R1000

40+ Male & Female

1 st	2 nd	3 rd
R3000	R2 500	R2000

SA Record: R50 000.00

Male: 59:36 (SA Record) Stephen Mokoka

Female: 1:06:44 (SA Record) Elana Meyer

Senior Team Prizes: (Male & Female)

1 st	2 nd	3 rd
4 x R1 000	4 x R750	4 x R500

40+ Team Prizes: (Male & Female)

1 st	2 nd	3 rd
3 x R1 000	3 x R750	3 x R500

7. ACCREDITATION AND REGISTRATION

- 7.1 Upon arrival in Gqeberha, teams must go directly to their respective accommodation. The Team Managers will be required to report to the Registration Office, located on the first floor of the Southern Sun Marine Hotel. Registration will take place between 12:00 and 17:00.
- 7.2 Each team will be issued with event accreditation. The accreditation cards must be worn visibly and must be presented upon request. The cards are not transferable.
- 7.3 TWO special license bibs will be issued to each Provincial athlete. Timing chips will be incorporated in the bibs. Age category tags will be printed on the race numbers.

Any error not corrected at registration will result in the athlete being disqualified from the age group competition and team awards:

Athletes will be issued with two numbers (front and back) will NOT be required to wear ASA License numbers, nor age category tags.

- 7.4 During the competition, athletes must always wear the numbers in the original shape and size, properly secured on the four corners. Please note WA Rule 143. 7-9 any athlete who does not respect these rules will not be allowed to compete.
- 7.5. Team Managers are responsible to ensure that:
 - 7.5.1 Athletes are allocated the correct race number bibs.
 - 7.5.2 The correct appropriate age category tags are printed on the front and back of the race number for the category they have entered.
 - 7.5.3 The Top three Overall Male and Female winners will be required to attend an immediate prize giving ceremony and interviews.
- 7.6 The media zone is in the road directly after the finish. Athletes must stand socially spaced in this zone during the interview. Only a doping control chaperone, where allocated, will be allowed in close proximity during the interview.
- 7.7 Doping control chaperones will approach the athletes selected for testing immediately after the 20 metre no go zone and prior to media interview.

8. PARKING

Team parking and access:

This event is restricted to 2000 people with 17 provincial teams for men and women. Parking will be made available to Provinces on the Beach side. Team vehicles will have to remain until the cut-off of the race at 10h35.

9. MEDIA ACCREDITATION AND REGISTRATION

- 9.1 All media representatives must be accredited with applications closing on Wednesday 31 May 2023. ONLY representatives with Media accreditation and bibs will be allowed into the prize giving perimeter.
- 9.2 There are strict restrictions on access to start finish and route and any media person, cameraman photographer reporter or crew breaching any of these rules will be asked to leave the race.
- 9.3 Set photo points and interview points have been provided as well as a mixed zone for interviews after the race.
- 9.4 The event will be broadcast on live on Supersports.
- 9.5 Note that live results must be considered provisional until marked as FINAL by the technical officials and referee.
- 9.6 There will be a Race Photographer on the route to take various photos of the race and these are FOC to any accredited media and obtainable via the EPA Media liaison.
- 9.7 NO MEDIA ARE ALLOWED ON THE ROUTE IN ANY FORM OF TRANSPORT AND MUST NOT STAND IN THE ROAD ON THE SAME SIDE AS THE RUNNERS AT ANY TIME.
- 9.8 There will be a Media briefing on Friday 2 June 2023 at 15h30. The venue will be the Marine Hotel and confirmation will be sent via email.
- 9.9 A 'head on' Media / photographer allowance is made at the front of the start ahead of the 20m no go zone.
- 9.10 A head on photographic zone will be located immediately after the 20metre No Go zone which is for accredited media only. All attempts will be made to keep this view of finish clear for shots but doping control and race officials or medical if required may at times interfere with this view. To assist in this NO other persons will be allowed in this area, including Team managers, coaches or athletes representatives.
- 9.11 The media mixed zone is in the road immediately after the no go zone. This is only for accredited media and each will be allocated a socially distanced section along that road. All Athletes will walk past the entire mixed zone. The first three booths will allow for Official Broadcaster (Supersports TV and radio), then the official live race broadcast (streaming) – thereafter the media booths will be allocated on basis of first accreditation first.

10. IMPORTANT REGULATIONS AND PROCEDURES

- 10.1 Only two team managers will be accepted and accredited for each provincial team.
- 10.2 Provincial Presidents are considered as VIP.
- 10.3 Team managers will be allowed in through the Race Perimeter into holding area prior to the start of their team race, but ***will not be allowed into the start, nor the route, nor any part of the finish until the athlete exits at the end of the tunnel.***
- 10.4 There will be a 20 metre no go zone prior to the start and after the finish. These zones have specific purpose and only designated Technical Officials, medical officials assisting athletes and athletes may enter these zones.
- 10.5 Crossing points: There will be two designated crossing points from the west perimeter holding area to the east finishing area. These will be located ahead of the start (which is also south of the finish) and north (behind) of the start.
- 10.6 VIPs Provincial Presidents have an official designated area and will be able to watch both start and finish, and race coverage in that area. Accreditation is required.
- 10.7 Team Managers may use the VIP area.
- 10.8 Teams may set up specific areas within the holding area on the beach side for holding kit or / collection post-race.
- 10.9 Accredited Team managers, SA and World Athletics qualified Athletics Representatives, are invited to encourage their athletes from an area adjacent to the start and Finish area. The area will be large enough and secure for these persons only.
- 10.10 Emergency Medical services will have access to the 20 metre no go zone at the finish. Small less urgent concerns will be available by exiting the finish tunnel to access the main medical area.
- 10.11 Each athlete finishing will receive a race medal.
- 10.12 The championships will be paperless. Results will be uploaded on www.finishtime.co.za.

ALL ABOVE REGULATIONS are non-negotiable and any failure by team managers, coaches, athlete's representatives will endanger the entire event and hence may lead to disqualification of athletes or entire provincial team

11. TEAM COMPETITION

All entrants of a Province will constitute an Open team of whom the best four will score.

The team results shall be decided by scoring the lowest aggregate of times recorded by the first four athletes in each team per starting group as specified in point 2. In other words, the Open Team will include all athletes. 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.

Men and Women races shall be scored separately.

NOTE: Provincial athletes must wear their official provincial colours to count for the team.

12. TECHNICAL INFORMATION

Event	:	ASA National Half Marathon Championships
Date	:	Saturday, 3 June 2023
Competition Office	:	Southern Sun Marine Hotel, Beach Road, Gqeberha
GPS Co-ordinates	:	33°59'8.03"S – 25°40'12.43"E
The Course	:	The route has a 6.5km loop towards town and back to the start, followed by a loop 7.6km loop through the University followed by a repeat of the first loop.
Start & Finish	:	Pollock Beach, Summerstrand, Gqeberha

During the race Team Management and/or personnel may not travel by vehicle on any part of the route.

Parking for Provincial Teams will be available, more information at the Team Managers 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.

13. TEAM MANAGER'S TECHNICAL MEETING

13.1 ASA Team Managers Meeting

The Team Manager's Technical Meeting will take place at Southern Sun Marine Hotel, 1st Floor, Friday 2 June 2023 at 16h00.

At least one Team Manager AND ONE ATHLETE / TEAM CAPTAIN from each Province must attend even if this means a manager arriving earlier than the team to Gqeberha.

The meeting shall be conducted by the Technical Delegate of ASA. An agenda for the meeting will be available at the meeting.

13.2 Elite label Athlete Meeting

As required by World Athletics **an Athletes Technical meeting** will be hosted for all Label Elite and invited athletes and their managers/interpreters and any athletes competing for a top position in the Open Race, (i.e. this includes age group runners who can expect a time better than 1:07:00 (men) and 1:18:00 (women), should attend this meeting) This meeting will be conducted by the LOC and will be held at 16:00 on Friday 2 June 2023 in conjunction with the ASA Team Managers Meeting.

14. 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 Thursday, 25 May 2023**. Provinces must provide own transport for the route inspection.

15. REFRESHMENT STATIONS

15.1 Water will be provided on tables at 3km intervals. Coke will be available from the 9km mark onwards.

15.2 Personal Drinks:

The event is a World Athletics Elite Label race and to ensure no unfair advantage personal drinks must be collected by each runner, for all athletes in the Elite, ASA Championships and Contender athletes. Details of personal refreshment station will be made available at the Team Managers Technical Meeting.

15.2.1 There will be TWO special drinks table along the route at approximately 7km and 14km. Each Province will have a table and drinks per Province will be placed thereon. Additional tables will be provided for Label race athletes. Athletes are required to collect their own bottles.

15.2.2 There will be no Access to these tables and security will be provided. Any access to the tables, attempts to interfere with the tables or other intermediate assistance, may result in disqualification of the athlete or/and team (i.e No seconding will be permitted ANYWHERE DURING THE race)

15.2.3 The bottles must be delivered and put in the relevant distance crates at the race headquarters between 14:00 and 20:00 on Friday 2 June. The bottles will be under security supervision from 14:00 and will be securely held by race organisers until delivered to the relevant drinks station.

- 15.2.4 Bottles will be taken to the personal drink tables by a security company and technical officials.
- 15.2.5 The athletes must provide these bottles and all contents and must mark them with their race number and other distinguishing marks. Race organisers are not responsible to provide any material in this regard.
- 15.2.6 These tables will have the provincial letters (e.g. AGN, CGA, etc.) on the tables. Further details to be given at the Team Technical meeting.
- 15.3 Athletes must self-collect these bottles and must dispose of the bottle in one of the throw zone areas. These disposed bottles are considered medical waste.
- 15.4 These tables will have security personnel to prevent anyone not accredited from coming into these tables.
- 15.5 Water and drink bottles: Bins will be provided for up to 300 metres after each water or drinks point. Athletes MUST throw their used bottles in these bins or carry them to the next such area. Unused / collected special drinks bottles will not be available after the race.

16. PROTESTS AND APPEALS

16.1 World Athletics TR 8.1 – protest:

Any protest on the composition of a provincial team should be submitted in writing to either the ASA office on or before Monday, 23 May 2023 , or to the ASA Technical Delegate before 14:00 on Friday, 2 June 2023.

16.2 World Athletics TR8.2

Any competition protest must first be made orally to the Chief Referee. If the problem is not satisfactory solved, 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 TIC within 30 minutes of the 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.

17. MEDICAL SERVICES

A full medical service will be available with a number of ambulances at various intersections along the route, roving medical personal on motorcycles and one stationery medical point at the finish. The medical staff on route will be clearly identifiable in Blue and Red outfits marked as Relay EMS.

Emergency contact details will be included in the Team management accreditation.

18. ANTI-DOPING CONTROL

18.1 Anti-doping control will be conducted in accordance with the WA Procedural Guidelines for Anti-doping Control, and The Athletes Integrity Unit, (AIU), under the supervision of ASA Anti-doping Control Delegate and the SA Institute for Drug Free Sport.

18.2 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@said.org.za at least 30 days before the Competition.

18.3 Pre-race and post-race:

It should be noted that athletes may be required to provide pre or/ and post-race blood samples.

It is therefore clear that the whereabouts of all athletes must be declared to the LOC and ASA as part of the documentation provided two weeks prior to the race. Any last-minute change to an athlete's venue between Thursday 1 June and Sunday 4 June 2023 must be provided in writing to the LOC and ASA Technical delegate immediately it is known.

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.

18.4 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 urine test.

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

19. AWARDS CEREMONY

19.1 A medal presentation shall take place on the podium, which will be located at the finish venue, commencing at 10:30. Team managers must ensure that all athletes from their province, who are expected to receive awards, report to the prize giving area at 10:15.

19.2 The following awards will be made for South African Athletes (Men and Women):

19.2.1 Individual Medals (Gold, Silver & Bronze) for the first three athletes in the Open Category.

19.2.2 Individual Medals (Gold, Silver and Bronze) for the first three junior athletes.

19.2.3 Individual Medals (Gold, Silver and Bronze) for the first three 40+ Athletes.

19.2.4 Team Medals (Gold, Silver and Bronze) for the first three Open Team.

19.2.5 Team Medals (Gold, Silver and Bronze) for the first three 40+ Team.

19.3 World Athletics Label event:

The top Three Men and Women in the Elite Label event will be acknowledged and awarded next to the finish line as soon after they have finished as possible taking note of any initial Doping control requirements. This will therefore be around 08:40 and 09:00.

19.4 Prize Winners

All prize money winners will be requested to provide banking details. A payment information form will be available to each athlete in the Prize giving tent. It is important that EACH athlete complete the entry form with the correct information.

Payment will be made after receipt of the test results from Anti-Doping Control.

Athletes not present at the ceremony will forfeit their medals and prize money. Athletes not wearing the correct clothing during the ceremony will also be disqualified (rule 25:16:4)

20. TRAVEL AND ACCOMMODATION

Travel and accommodation for the team is the responsibility of the Province.

The host Province has secured a special price for Provinces at the Southern Sun Marine Hotel, 39 Marine Drive, Summerstrand.

Please quote the following reference number (4402021) when making your bookings to receive the special price.

There are several hotels situated within 2,5km from the venue and for accommodation options please contact the Nelson Mandela Bay Tourism on 041 582 2575, or EP Athletics Office on 041-3742818.

N.B. When making booking please consider the Prize Giving time schedule.

21. CONTACT DETAILS

ATHLETICS SOUTH AFRICA

Thabang Maleka

Tel: (011) 880 5800

Email: thabangm@athleticssa.co.za

21.1km Route



