



2025 ALFRED NZO

LIBERATION ROUTE MARATHON

28 SEPTEMBER 2025

42.2KMs – 10KMs – 5KMs – 1.5KMs

ENTRY FEES: R300 (42.2KMs) – R150 (10KMs) – R100 (5KMs) – R50 (1.5KMs)

STARTING POINTS:

42.2KMs: QACHA'S NEK (05:00AM)
10KM (06:30AM) KHOAPHA VILLAGE (BOTSOLA BRIDGE)
5KM (07:30AM): ZWELITSHA JUNCTION
1.5KMs (08:00AM): ROMAN CATHOLIC CHURCH

ALL RACES FINISH AT NORTH END STADIUM

PRIZES TO BE WON FOR DIFFERENT AGES & DISTANCES!



**FOR ENTRIES PLEASE CONTACT:
(082) 634 3735 / (079) 060 3610**

Alfred Nzo Liberation Route Marathon – Entry Form

PERSONAL DETAILS

NAME	
SURNAME	
ID NUMBER	
DATE OF BIRTH	
GENDER	

RUNNING DETAILS

CLUB NAME	
LICENSE NUMBER	
PROVINCE	
DISTANCE TO RUN	42KMs/10KMS / 5KMS / 1.5KMS

CONTACT DETAILS

CELL NUMBER	
EMAIL	
NEXT OF KIN	

INDEMNITY

I am medically fit to compete and fully understand that I enter at my own risk and organizations and their sponsors will not be held responsible for any loss or injury during or because of the event. I agree to comply with the rules of the World Athletics, Athletics South Africa and Athletics Transkei for my participation in this event. If I am competing with a temporal license, I am not covered by ASA Athletic Medical Insurance Policy

SIGNATURE _____ DATE ____/09/2025

GENERAL RULES & IMPORTANT INFORMATION

GENERAL RULES

1. All Traffic officials, technical officials and Marshalls must be obeyed.
2. The race number contains a chip and must under no circumstances be folded.
3. Timing will be done from gun to mat.
4. Licensed Athletes must be members of a club and must be affiliated to ASA and should wear club colors. The race is run in accordance with and subject to WA, ASA and ATRA Rules.
5. All foreign athletes must abide by WA rules 4.2, 22.1 & 142 and ASA rule 9.
6. 2024 Provincial license numbers must be worn at the front and back of vest/crop top. Proof of age category winners. ATRA approved age category tags must be worn at the front and back of vest/crop top and must be clearly visible. **YOUR ENTRY FEE WILL NOT BE REFUNDED IF YOU DO NOT PARTICIPATE.**
7. Water tables are provided for giving out water sachets to runners. Strictly no seconding & spectators allowed on the route.
8. There will be no interaction whatsoever between managers, coaches or any other person and the athletes. Coaches will not be allowed on the route. Any contravention will result in disqualification of the athletes.
9. Athletes must at least be 14 years or older to participate in the 10km race.
10. The cut off time for the 10km is 2 hours (9:00 am).
11. Junior athletes must wear a "J" on the upper front & back of the vest/crop top to be eligible for prizes & must provide proof of age on race day.
12. Full result will be available after the race

IMPORTANT INFORMATION

RACES START AT 5:30 AM AT THE SPECIFIED STARTING POINTS (PLEASE SEE POSTER FOR STARTING POINTS FOR DIFFERENT DISTANCES)

ASA LICENCE NUMBERS:

Organizers/Athletes may NOT replace ASA license numbers with Competition/Race numbers/stickers under any circumstances

ENTRY FEES

ENTRY FEES:

R300 (42.2KMs) – R150 (10KMs) – R100 (5KMs) – R50 (1.5KMs)

ALL ENTRY FEES ARE PAYABLE TO:

ACCOUNT HOLDER: CED-MATAT AC

BANK: First National Bank

ACC NO: 63120060396

Branch: Matatiele

Reference: Name and Surname

PRIZES

42,2KMs

OPEN PRIZES -Males & Females

1. R3000
2. R2000
3. R1500
4. R1000
5. R800

AGE CATEGORIES -Males & Females

35-39 years old

1. R200
2. R150
3. R100

40-49 years old

1. R200
2. R150
3. R100

50-59 years old

1. R200
2. R150
3. R100

60+ years old

1. R200
2. R100

10KMs

OPEN- Males & Females

1. R1000
2. R900
3. R600
4. R300
5. R150

JUNIORS- Males & Females

1. R500
2. R400
3. R200

AGE CATEGORIES- Males & Females 35-39 years

1. R200
2. R150
3. R100

40-49 years

1. R200
2. R150
3. R100

50-59

1. R200
2. R150
3. R100

60+ years

1. R200

PRIZES

5KMs OPEN -Males & Females

13-14 Years old

1. R150
2. R100
3. R50

11-13 Years old

1. R150
2. R100
3. R50

ADULTS- Years old

1. R150
2. R100
3. R50

1.5KMs KIDDOS 6-8 Years old

1. R300
2. R200
3. R150
4. R100
5. R50

9-10 Years old

1. R300
2. R200
3. R150
4. R100
5. R50

**ALL CATEGORY PRIZES ARE SUBJECT
TO ID/BIRTH CERTIFICATE VERIFICATION.**

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