



AVANIFIT MARATHON

RUN YOUR STORY

17 OCTOBER 2026

RACE CATEGORIES & ENTRY FEES

DISTANCE	LOCAL	INTERNATIONAL
5KM	M295	M395
FUN RUN		
10KM	M330	M430
CLASSIC		
21.1 KM	M370	M470
HALF MARATHON		
42.2KM	M430	M530
FULL MARATHON		

What`s Included

 Goody Bag

 T-Shirt Official
race tee

 Breakfast Pack
Post race meal

 Race Bib
Official number

 Finisher Medal
You earned it

 Pool & Sauna
Complimentary access

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AVANIHOTLES.COM

RUNNER'S CODE

1. Eligibility

Participants must be physically fit and in good health to take part in the race. Minimum age requirements apply:

- Marathon (42.2 km): 20 years and older
- Half Marathon (21 km): 16 years and older
- 10 km Race: 14 years and older
- 5 km Race: Open to all ages. Children under 12 must be accompanied by an adult.

2. Race Registration

- All participants must register before the race and complete the official entry form.
- Each participant will receive a race number (bib), which must be worn clearly on the front of the running vest or shirt.
- Race numbers may not be exchanged, sold, or transferred to another runner.
- No Refunds will be permitted when an athlete decides not to participate.

3. Start and Finish

5:30 am 42km

6:00 am 21km

6:30 am 10km

7:00 am 5km

- Participants must start the race at the official starting point.
- Runners must always follow the designated race route.
- Participants must cross the official finish line to receive an official time.
- All instructions from race officials, marshals, and traffic authorities must be followed.

4. Race Route

- Runners must always remain on the official race route.
- Any runner who shortens the route or leaves the designated course may be disqualified.
- Participants must obey road safety regulations and follow the directions of marshals and traffic officers.

5. Time Limits

The following cut-off times may apply:

- Marathon (42.2 km): 6 hours.
- Half Marathon (21 km): 4 hours
- 10 km Race: 3 hours
- 5 km Race: 1 hour

Participants exceeding these limits may be asked to leave the course for safety reasons.

6. Hydration and Water Points

- Official water and refreshment stations will be provided along the race route.
- Participants are encouraged to hydrate regularly during the race.
- Littering should be limited to designated water station areas.

7. Safety

- Participants take part in the event at their own risk.
- Medical personnel will be available during the race.
- Any runner feeling unwell must report to the nearest medical team or race official immediately.
- Participants must follow all safety instructions issued by event officials.
- Safety Officer Contact Number:

Name: Neo Ntje

Number: +266 6374 3102

8. Conduct

- Participants must always display good sportsmanship.
- Any participant who behaves in an unsafe or unsporting manner may be disqualified.
- The use of bicycles, skates, headset and motorised vehicles on the race route is not permitted.

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9. Prize Categories and Age Groups

Prizes may be awarded in the following categories, depending on the event structure:

- Open Category (Male and Female).
- Prize winners must provide identification when collecting prizes.

10. Road Closure and Traffic Management

- Selected roads along the race route may be temporarily closed for participant safety.
- Traffic officers and race marshals will manage intersections and ensure the safe passage of runners.
- Participants must remain aware of surrounding traffic and follow marshal instructions.
- Emergency vehicles will always have priority access.

11. Marshal Guidelines

- Race marshals will be positioned at key intersections and turning points.
- Marshals will guide runners along the correct route and assist with safety monitoring.
- Participants must respect and follow all instructions given by marshals.

Any incident should be reported immediately to the nearest marshal.

12. Results and Timing

- Official race results will be based on the timing system used by the race organisers.
- Only participants who complete the entire route will be eligible for official results.
- Any disputes regarding results must be submitted to the race organisers within the specified time.

13. Event Authority

- The race organisers reserve the right to amend race rules if necessary.
- The decision of the Race Director and the organising committee will be final.

Race Day Athlete Briefing

- Arrive at the venue at least 60 minutes before the race starts.
- Ensure your race number (bib) is clearly visible on the front and back of your Race Vests.
- Follow the race route markings, marshals, and official signage.
- Use designated water stations along the route.
- Respect fellow runners and maintain good sportsmanship.
- If you feel unwell during the race, report to the nearest medical point.
- Ensure you cross the official finish line to receive your result.

Race pack collection will be on Friday 16 October 2026 at Avani Lesotho Hotel & Casino.

Issued by: Race Event Organiser. Lieketso Peea