

SUPA MAMA®

SAVAGES

21.1/10KM CHALLENGE

14 AUGUST 2022 @ 6:30AM

Sir Arthur Road,
Morningside Primary School



You're in? Here is how to enter

- Online at www.eventtiming.co.za;
- Late entries:
 - Morningside Primary School on Saturday 13 August 2022 – 10AM TO 4PM. **THIS IS THE LAST DAY AND PLACE TO ENTER!**

THEN → Collect your race numbers at Morningside Primary School on Saturday 13 August 2022 between 10am and 4pm!

NB! NO ENTRIES ON RACE DAY, 14 AUGUST 2022

HOW MANY MULAS TO ENTER?

COST(S)	21km	10km
STANDARD ENTRY 01 June to 10 August 2022	R200	R160
LATE ENTRY FEE 13 August 2022	R230	R190
NON CLUB MEMBERS: Temporary licences are required by all non club runners	R80	R50

- Race entry fee includes R20 which will be donated to various charities and Educational institutions.
- 10% of race entry fees are payable by the organisers to KZN Athletics.
- Entries are capped at 1800
- Over 70's free

21.1km RUN

AGE CATEGORY	1st	2nd	3rd
Overall Men/Ladies	R 1000	R 750	R 500
Junior Men/Ladies	R 750	R 500	-
Open Men/Ladies	R 750	R 500	-
Veteran Men/Ladies 40+	R 750	R 500	-
Master Men/Ladies 50+	R 750	R 500	-
Grand Master Men/Ladies 60+	R 750	R 500	-

10 km RUN

AGE CATEGORY	1st	2nd	3rd
Overall Men/Ladies	R 750	R 500	R 250
Junior Men/Ladies	R 500	R 250	-
Open Men/Ladies	R 500	R 250	-
Veteran Men/Ladies 40+	R 500	R 250	-
Master Men/Ladies 50+	R 500	R 250	-
Grand Master Men/Ladies 60+	R 500	R 250	-



FREE T-shirt
for the first
1100 entries

LET'S GET SOCIAL



@SavagesAthleticClub
@SupaMamaSA



@SupaMama_sa

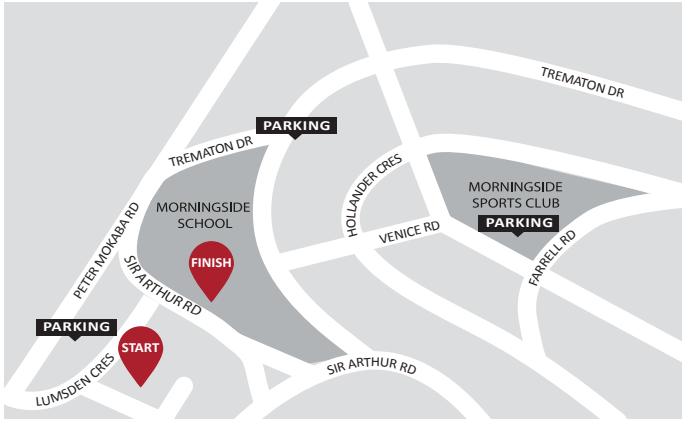
Be sure to catch race updates, photographs and more online!

PARKING YOUR RIDE!

Parking will be available at:

- 1| Girl Guide Hall, Lumsden Ave (Start of Race);
- 2| Morningside Sports Club, Hollander Crescent;

Registered parking guards will be available at these sites.



THE SERIOUS BITS



**KWAZULU-NATAL
ATHLETICS**

RACE RULES:

- 1| This race is run in accordance to the rules as laid down by the WA, ASA, and KZNA and all entrants must abide by these rules. All foreign athletes must abide by WA rule 4.2 and 142.
- 2| The minimum age limit of an entrant for the 21.1km is 16 years and the 10km is 14 years and older.
- 3| Current licenses, age category and walker tags must be clearly worn on the front and back of the vest/crop top.
- 4| Junior athletes are recognised as being 19 in the full year of competition. Open and above recognised at the age on the day of competition.
- 5| Temporary licenses (if purchased) must be worn on the front of the vest/crop top.
- 6| Club colours must be worn.
- 7| Proof of age **MUST BE PRODUCED** if entrant qualifies for a prize category.
- 8| Race entry fees are not refundable.
- 9| Refreshment tables will be provided. Personal seconding is not permitted.
- 10| No pacing is permitted.
- 11| Marshals and traffic officials must be obeyed.
- 12| All entrants participate at their own risk. Organisers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property lost or damaged on the course or in the changing area.
- 13| No littering rule (WA Clause 28.4 & 28.5 - Rule 125)
- 14| 3 Hour cut off for 21Km. Any 21Km arriving at 10km marker after 1 hour 35min, will be diverted to the 10km finish.

THE SUPA MAMA™ SAVAGES 21/10KM RUN IS MADE POSSIBLE BY:



R20 OF EVERY ENTRANCE FEE IS DONATED TO THE FOLLOWING ORGANISATIONS:



LET'S GET SOCIAL



@SupaMamaSA



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