



UMHLATHUZE CHALLENGE

04 DECEMBER 2022
RICHARDS BAY

2022
HOSTED BY NRB
HARRIERS
ATHLETIC CLUB

INCORPORATING THE KZNA **32KM** TIME
TRIAL (PROVINCIAL TEAM SELECTION FOR
THE SA MARATHON CHAMPIONSHIP 2023)

21KM | 5KM RUN
RUN | 10KM & WALK

www.msem.co.za

5KM Entries ONLINE, at Registration and at the START
from 05h00 on the Race Day

ENTER AT:

www.msem.co.za

5KM Entries ONLINE, at Registration and at the START from 05h00 on the Race day

RACE	START VENUE	START TIME	FEE	TEMP. LIC	LIMITS
32km	Bayview Boulevard, Alkantstrand Beach, Richards Bay	05H30	R200	R100	20 Years +
21km	Bayview Boulevard, Alkantstrand Beach, Richards Bay	05H30	R160	R80	16 Years +
10km	Bayview Boulevard, Alkantstrand Beach, Richards Bay	05H30	R140	R50	14 Years +
5km	Alkantstrand Beach (Outside ZMSC), Richards Bay	06H00	R90	N/A	9 Years +

THE ROUTES

The 32KM, 21KM, 10KM start at Bayview Boulevard, Alkantstrand Beach, Richards Bay and proceeds to Bon Hotel - Neighborhood (Shisanyama) - Transnet east gate turn right heading to John Ross - Take right on John Ross towards Meerensee - continue straight to the beach. The 32km runs out and back on the same 10km route, but do the next LAP.

The 5KM starts from Alkantstrand Beach, Richards Bay and finishes at the same point.

REGISTRATION

Race Packs can be collected at Registration at the Alkantstrand Beach (outside ZMSC) , Richards Bay on Friday 02 December from 12h00 to 17h00 and Saturday 03 December from 10h00 to 17h00.

NO RACE PACK COLLECTION AT START.

5KM Entries online, at Registration and at the Start from 05h00.

FINISH VENUE

The Start Venue is Alkantstrand Beach (5KM) / Bayview Boulevard, Alkantstrand Beach, Richards Bay (32KM, 21KM and 10KM) and the finish for all races is at the Alkantstrand Beach, Richards Bay.

PRIZE GIVINGS

5km: 09h00 | 10km, 21km & 32km: 09H30

RACE ORGANISER:

Oscar Maduna
083 318 5112

RACE DIRECTOR:

Senzo Bhengu
079 522 8082

NRB Harriers Athletic Club

32KM/21KM/10KM/5KM

SPAR



RULES

- Entries close at 24h00 on Sunday 27 November 2022. There are NO LATE ENTRIES. NO SUBSTITUTIONS WILL BE PERMITTED. Entries to the combined entries to these races reaches 1000.
- Race numbers and packs can be collected at the Alkantstrand Beach (outside ZMSC), Richards Bay, on Friday, 02 December 2022 from 12h00 - 17h00 and Saturday 03 December 2022 from 10h00 to 17h00, NO RACE PACK COLLECTION AT STARTS. 5KM Entries Online at Registration and at the Start from 05h00.
- Race Shirts are capped at a total of 1000 for the 21KM, 10KM and 5KM Races. NRB Harriers AC reserves the right to substitute sizes selected.
- All athletes must be licensed. Licensed runners/walkers must wear their club colours, together with their 2022 licence numbers on the front and back of their vest and the uMhlathuze Race Challenge race number must be placed over the license number so be placed over the front license number so that the ASA sponsor logo is visible.
- Athletes may wear a temporary licence for the 21KM and 10KM Races. These athletes must wear plain colours (with no advertising), the temporary licence number on the back of their vest and the uMhlathuze Race Challenge race number on the front of the vest. No licence/ number to be worn on shorts. Temporary licence number will be on sale or available for collection at Registration only.
- All the uMhlathuze Race Challenge events are held under the rules of Athletics South Africa (ASA), KwaZulu-Natal Athletics (KZNA) and World Athletics (WA). All foreign athletes must comply with WA Rule 4.2, 22.1 and 142 Rule together with ASA Rules 9.
- All Race entrants must be at least the following ages on the day of the event: 32KM@ +20 years, 21KM @ +16 years, 10KM @ +14 years, 5KM - None.
- Junior Athletes must be 19 and younger on the 31 December in the year of the event, must wear a J on the upper front and back of vest/ crop top in order to be eligible for prizes and must provide proof of age on Race Day.
- The ASA/KZNA approved numerical age category tags (60mm x 80mm) must be worn on the back and front of athlete's vests for those competing for category prizes. Proof of age must be provided on request before or after the Race.
- Road runners/walkers who have not passed the halfway cut-off point at 10.5KM in 2 hours (by 08h30) will not be allowed to continue. These runners will be asked to leave the road by authorized officials and will be transported to the finish.
- Prize Giving will be at 09h00 for the 5KM and 09h30 for the 10KM, 21KM and 32KM.
- A secure tog bag area will be available on the day of the race at the Start/Finish, Alkantstrand Beach, Richards Bay.
- The uMhlathuze Race Challenge races, (Except the 5KM) are Mat to Mat timed events. Your timing chip is on your Race number.
- Athletes are to obey Technical Officials, Traffic Officials, Event Marshals and Safety Officer at all times.
- Refreshments will be provided along the route and no seconding will be permitted.
- No blades, wheelchairs or mechanically operated devices are allowed in this year's uMhlathuze Race Challenge events.
- No iPods, or another form of earphones type device may be used during any of the uMhlathuze Race Challenge events.
- No pets are allowed on any of the routes of the uMhlathuze Race Challenge, including the 5KM.
- Entry fees shall not be refunded, cancelled, returned on exchanged on account of weather or unforeseen events occurring beyond the control of the event organizers, the race director, the host club or the sponsors.
- Entrants agree that photographs taken by the official race photographer on event day can be used for promotional purposes.
- The uMhlathuze Race Challenge supports and promotes Clean Running. Please help our event and our sport by throwing your coke cups and water sachets in the bins provided.

PRIZE MONEY

21.1km

OPEN	1	2	3	4	5
Male	3000	2000	1000	750	500
Female	3000	2000	1000	750	500
35-39	500	300	200		
40-49	500	300	200		
50-59	500	300	200		
60+	500	300	200		
Junior	400	300	250	200	150

5km

OPEN	1	2	3	4	5
Male	400	300	200		
Female	400	300	200		
Junior	400	300	200	150	100
Walker	300	200	150		

10km

OPEN	1	2	3	4	5
Male	1500	1000	750		
Female	1500	1000	750		
35-39	300	200	150		
40-49	300	200	150		
50-59	300	300	150		
60+	500	200	150		
Junior	400	200	300	200	150
Walkers	1000	750	500		

Local Athlete (21km)

OPEN	1				
Male	1000				
Female	1000				



RACE SHIRTS

Race shirts are capped at a total of **1000** for **21KM, 10KM & 5KM** races.

ENTRY FORM

FOR NRB HARRIERS CLUB
UMHLATHUZE RACE CHALLENGE

32KM - 21KM run - 10KM run/walk - 5KM run/walk

- Online Registration will close 27 November 2022 (midnight)
- There are NO LATE ENTRIES.
- 5KM Entries online, at Registration and at Start on race day from 05h00.
- Age Categories:

Open | 35-39 | 40-49 | 50-59 | 60+ | Junior

Surname:

First name:

Cell Number:

Date of Birth:

ID No / Passport:

Address:

Email:

For all queries please contact:

Oscar Maduna (Race Organizer) 083 318 5112 or

Senzo Bhengu (Race Director) 079 522 8082

INDEMNITY: All entrants to be medically fit and understand that participation is at own risk and that the organizer, officials and all sponsors of this event cannot be held responsible or liable for any claim or injury incurred as a result of the race or for any property lost or damaged. If I am competing with a temporary licence I am not covered by the ASA Athletic Medical Insurance Policy.

Signed:

Date:



Pre Entry

32KM - **R200**

21KM - **R160** | 10KM, WALK/RUN - **R140**

5KM, WALK/RUN - **R90**

Late Entry

32KM - **R250**

21KM - **R180** | 10KM, RUN - **R160**

Temp Licence Temp Licence 10KM

32KM - **R100**

21KM **R80** | 10KM WALK/RUN - **R50**

Club Name (in full)

Licence No.

Province

S.A Citizen Yes No

Gender Male Female

Next of Kin:

Participation (tick) Road Running Walking

Race Shirt Size (tick) S M L XL

other:

