

NIMC

FAST RACE 3-IN-1



25 MARCH '23

42.2KM

**ENTRY FEE R380
START AT 5.30AM**

BUSES DEPART AT 3:30AM
FROM MBOMBELA STADIUM
BUS FEE INCLUDED

21.1KM

**ENTRY FEE R230
START AT 5.30AM**

BUSES DEPART AT 4:00AM
FROM MBOMBELA STADIUM
BUS FEE INCLUDED

10KM

**ENTRY FEE R150
START AT 6.00AM**

BUSES DEPART AT 4:30AM
FROM MBOMBELA STADIUM
BUS FEE INCLUDED

Temp license R40
T-Shirts R150

MEDALS TO ALL FINISHERS
Free T-Shirt to
first 200 entries (42.2km ONLY)



WdA

ATTORNEYS
NOTARIES
CONVEYANCERS



PRE ENTRIES ONLY - ENTRIES OPEN ON 15 DECEMBER 2022 AND CLOSE ON 28 FEBRUARY 2023
UPGRADES, DOWNGRADES & SUBSTITUTIONS BETWEEN 1 -15 MARCH 2023
SUBSTITUTION FEES APPLY
HALFWAY CUT OFF 9AM ON 42.2KM RACE. NO MEDALS AFTER 11:30 FINISH CUT OFF
PRIZE GIVING STRICTLY START AT 11:30AM
ALL PRIZE WINNERS FOR EACH CATEGORY MUST BE PRESENT TO RECEIVE PRIZES
PRIZE MONEY WILL BE TRANSFERRED. PLEASE BRING BANKING DETAILS



ENTER ONLINE
WWW.NELSPRUITMARATHONCLUB.COM
CONTACT: MORONGWA
083 951 0380

NIMC

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 INFO@NELSPRUITMARATHONCLUB.COM

PRIZE MONEY

CATEGORY	42.2KM	21.1KM	10KKM
1ST	8000	3000	1500
2ND	4000	2000	1000
3RD	2500	1000	500
4TH	1500	-	-
5TH	500	-	-
JNR 1ST	-	500	300
JNR 2ND	-	300	200
40+ 1ST	600	400	250
40+ 2ND	400	-	-
50+ 1ST	600	400	250
50+ 2ND	400	-	-
60+ 1ST	600	400	250
60+ 2ND	400	-	-
70+ 1ST	600	400	250
70+ 2ND	400	-	-
Walker 1ST	-	400	250
Walker 2ND	-	300	200

ASA Rules apply:

REFEREES' DECISION IS FINAL

Obey all Traffic Officials and Race Marshals.
 All Covid-19 protocols need to be adhered to.
 The race will be run according to the rules of ASA, WORLD ATHLETICS (WA) & AMPU House rules.
 Ages: Athletes for 10km must be 14 years on the day of the race. 21.1km must be 16 years or older and 42.2km must be 20 years or older.
 Proof of age (ID) to be produced upon request on day of race.

All athletes participate at their own risk and by entering the event they acknowledge that they are medically fit to participate.

Registered athletes must wear full club colours, 2023 license numbers on the front and back of the vest.

Temporary license must be fixed on the back of the vest.

Age category ID tags must be clearly displayed for the duration of the event (back and front) by athletes competing for a category prize AND must be fixed on all 4 corners and not be covered by rain jacket or any shirt.

Only athletes with a race number and license numbers will be allowed into event area. Race number must be worn on the front of the vest.

ASA license numbers must not be covered with any paper race numbers /race bib.

Walkers competing for Walkers prize must have the "W" fixed on the left front and back of the vest, all 4 corners must be fixed.

No littering, please make use of waste boxes at the start/finish RUN CLEAN

All participants must take note that photographs might be taken at the event and placed on social media.