

**PRE-ENTRIES
ONLY**

**T-SHIRT ORDERS WITH
EARLY BIRD ENTRIES
ONLY**

**FOR MORE
INFORMATION**

079 583 0936
INFO@ELANDSMARATHON.CO.ZA

 **22 APRIL 2023**

RUN THE DISTANCE, CONQUER YOUR GOAL



42.2KM

06:30

LAERSKOOL OOSTERLIJN
(EMGWENYA/WATERVAL BOVEN)



21.1KM

06:30

FORTIS MALAGA HOTEL



10KM

06:30

SAPPI SKILLS TRAINING
CENTRE

ALL ENTRIES: Close on 03/04/2023
SUBSTITUTIONS : Open on 05/04/2023 & Close 11/04/2023

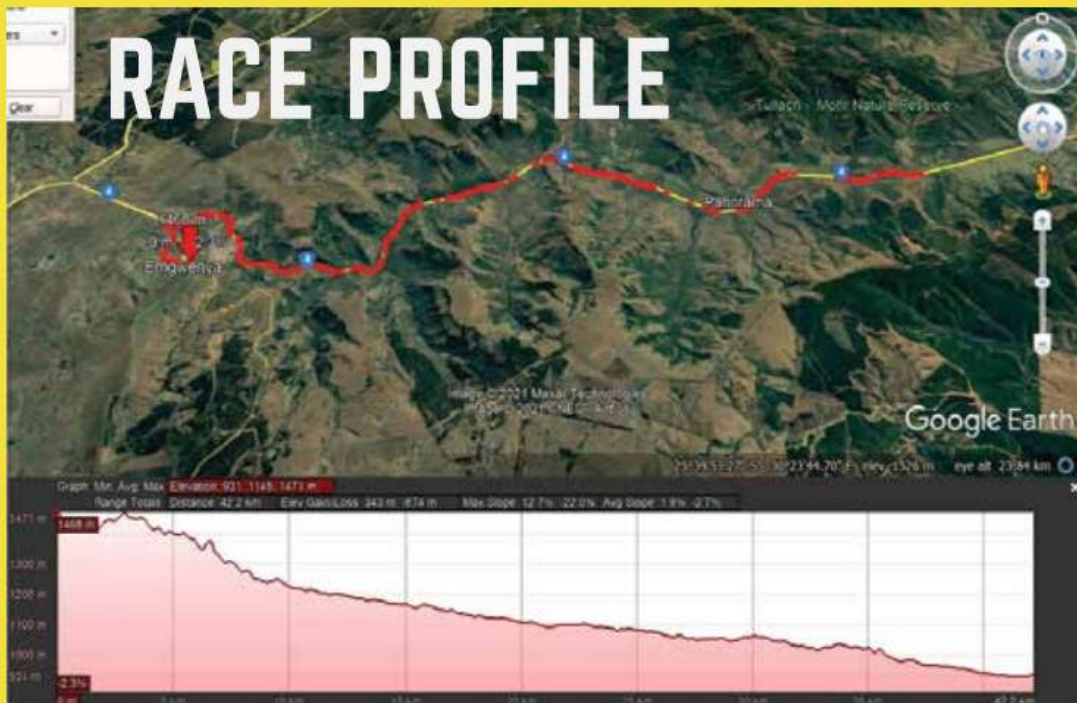
SCAN QR CODE OR VISIT WEBSITE FOR ALL THE INFORMATION



TRAC N4  **2023**
ELANDS MARATHON



079 583 0936 | info@elandsmarathon.co.za | <https://elandsmarathon.co.za>



ENTRY FEES

42.2KM - R400
21.2KM - R250
10KM - R100

Temporary Licences – R40
 Race Shirts – R200
 Bus Ticket to Start – Included

PRIZE MONEY

42.2KM - R12000
21.2KM - R5000
10KM - R3000

Loads more prizes!
 Scan the QR Code for
 all details

Rules

1) The race will be run according to AMPU & ASA rules. 2) REFEREES' DECISION IS FINAL. 3) Obey all Traffic Officials and Race Marshals. 4) The race will be run according to the rules of ASA, WORLD ATHLETICS (WA) & AMPU

House Rules

1) Proof of age (ID) to be produced upon request on day of race. 2) All athletes will 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. 3) 2023 license numbers on the front and back of the vest. 4) Temporary license must be fixed on the back of the vest. 5) 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. 6) Only athletes with a race number and licensed numbers will be allowed into event area. Race number must be worn on the front of the vest. 7) Next of kin name and contact number must appear on the entry form and race number. 8) ASA license numbers must not be covered with any paper race numbers /race bib. 9) 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. 10) There will be a prize giving. Prize money will be transferred electronically. 11) No littering, please make use of waste boxes at the start/finish – RUN CLEAN 12) All participants must take note that photographs might be taken at the event and placed on social media. 13) The use of earphones during the race is not allowed and may lead to disqualification.

FULL ALLOCATION OF PRIZE MONEY

| 42.2 Km | 21.1 Km | 10 Km |
|--|---|---|
| 1st R12 000.00 2nd R6 000.00 3rd R3 500.00 4th R2 500.00 5th R1 300.00 | 1st R5 000.00 2nd R2 500.00 3rd R1 250.00 | 1st R3 000.00 2nd R1 750.00 3rd R1 250.00 |
| 40 + | 40+ | 40+ |
| 1st R1 300.00 2nd R800.00 | 1st R1 000.00 2nd R650.00 | 1st 600.00 2nd R400.00 |
| 50+ | 50+ | 50+ |
| 1st R1 300.00 2nd R800.00 | 1st R1 000.00 2nd R650.00 | 1st R600.00 2nd R400.00 |
| 60+ | 60+ | 60+ |
| 1st R1 300.00 2nd R800.00 | 1st R1 000.00 2nd R650.00 | 1st R600.00 2nd R400.00 |
| Walker | Walker (Junior) | Walker (Junior) |
| 1st R1 300.00 | 1st R1 000.00 2nd R650.00 | 1st R600.00 2nd R400.00 |

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TRAC N4 2023
ELANDS MARATHON

