

Saturday 13th May 2023



START & FINISH

Malalane Rugby Club
(Next to Malalane Kruger Gate)

21.1 km - start 07H00
10 km - start 07H30
4.9 km - start 07H45
2 km - start 07H45

ENTRY FEES

21.1 km	R150
10 km	R100
Fun Run	R40
Temp. Licence	R40
Grandmaster 60+	FREE

PRIZES

Prize money, Spot prizes, Tollgate subsidy, T-shirt, Unique Medal

Race will be run according to rules of AMPU, ASA & WA (World Athletics).

All foreign athletes must comply with WA rules:

2023 Licences must be worn, Front & Back.

Referee's decision is final.

Obey all traffic officials & race marshals.

ENQUIRIES

General Enquires
Rina - 082 763 2603
Marthinus - 084 581 6503
onderberggrun@gmail.com

Online Entry Queries
Support - 087 012 5044
(09H00-15H30)



GOODY BAG FOR
ALL FINISHERS!

TOLL GATE REIMBURSEMENT

Single toll fees for Nkomazi Toll Plaza will be refunded at the finish of the race to all registered 10km and 21km runners in exchange for a valid tollgate receipt dated race day or the day before.

MEDALS

Medals to all finishers

ENTRIES

Entries Close 5 May 2023. Pre-Entries Only. Online Entries Only. No Late Entries. No Upgrades / Downgrades or Substitutions. Online Pre-entries at www.entryninja.com

RACE PACK COLLECTION

10km, 21.1km and Fun Run
From Malalane Rugby Club
Friday 12 May -13H00 - 19H00
Saturday 13 May - 05H30 - 06H45

Visit our Selati Marathon Facebook page for latest updates. For additional information visit www.prontocs.co.za



Fun Run organised by
Malelane Primary School



The race will be run according to AMPU, ASA and WA rules REFEREES' DECISION IS FINAL

Obey all Traffic Officials and Race Marshals.

Ages: Athletes for the 10km must be 14 years or older on the day of the race.

Athletes for the 21.1 km must be 16 years or older on race day.

Foreign athletes must have clearance from their country of residence and from ASA. A copy of passport is required.

Proof of age (ID) to be produced upon request on day of race.

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.

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 licensed numbers will be allowed into event area.

Race number must be worn on the front of the vest.

Next of kin name and contact number must appear on the entry form and race number.

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.

There will be a prize giving.

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.

The use of earphones during the race is not allowed and may lead to disqualification.

Entry Includes: Electronic Tag on Race Bib.