



# PRINCE MANGOSUTHU ULTRA MARATHON 2023



## DISTANCE

52KM | 21KM | 10KM/WALK | 5KM/FUN RUN

52KM PRIZES	POSITION	1	2	3	4	5	6	7	8	9	10
	PRIZES	R100 000	R50 000	R25 000	R20 000	R18 000	R15 000	R13 000	R10 000	R8 000	R5 000

21KM PRIZES	POSITION	1	2	3	4	5
	PRIZES	R50 000	R25 000	R15 000	R10 000	R5 000

10KM PRIZES	POSITION	1	2	3	4	5
	PRIZES	R5 000	R2 500	R2 000	R1 500	R1 000

**ENTRY FEE**  
 52KM- R200  
 21KM- R150  
 10KM- R100  
 5KM - R20

52KM RACE START AT NQUTHU STADIUM  
 21KM STARTS IN PONDESHALAMA BRIDGE(R68 ROAD)  
 10KM RACE STARTS IN DUNDEE

**30 APRIL 2023** RACE START AT :05H30-52 KM  
 06H00 - 21 KM, 6H30 - 10KM

HOSTED BY BIGGERSBURG AC

Online Registrations available via webtickets.

FOR MORE INFORMATION CONTACT:

Siyabonga Ngobese: 083 377 8959

Skhumbuzo Mlambo: 072 046 7803

Temporal Licence

21km- R90-00

10km- R60-00



HIS WORSHIP THE MAYOR  
 A.D. P.M.S. NGUBANE

ENTRY FORM	
Surname:	Name:
Category :	Sex: Male ( ) Female: ( )
Club:	
Province:	Licence No. / Temp. Lic.
ID Number:	Contact Number:
E-Mail:	
Tel (Home):	Tel (Work):
Run : 52km	Signature:
Run: 10km	Signature:
Walker : 10km	Signature :

### INDEMNITY:

I \_\_\_\_\_ declare that I am fit to run this event and that I shall participate at my own risk, and that I indemnify the sponsors, organisers and officials of this race against any claim, which may result from my participation.

\_\_\_\_\_  
 Signature

\_\_\_\_\_  
 Date

### ENQUIRIES

SIYABONGA NGOBESE:

0833778959



### Banking Details

Account Holder:

Account:

Bank:

Branch Code:

Fax:

FinishTime

62472947583

FNB

220426

0866321129



# PRIZE MONEY: M/F

52 KM Run	21.1 KM Run	10 KM Run	10 KM Walk
1. R100 000-00	1.R50 000.00	1. R 5000. 00	1 . R 1000 .00
2. R50 000-00	2.R25 000.00	2. R 2500 .00	2 . R 800 .00
3. R25 000-00	3.R15 000 .00	3 . R 2000 .00	3 . R 500
4. R20 000-00	4.R10 000.00	4 R 1500 .00	
5. R18 000-00	5.R5000.00	5 . R 1000 .00	
6. R15 000-00			
7. R13 000-00			
8. R10 000-00			
9. R8 000-00			
10. R5000-00			
35-39	35-39	35—39	
1. R1500.00	1.R1000.00	R 500 .00	
2. R750-00	2.R600.00	R 300 .00	
3. R500-00	3.R400.00	R 200 .00	
40-49	40– 49	40—49	
1. R1500.00	1.R1000.00	R 500 .00	
2. R750-00	2 . 600 .00	R 300 .00	
3. R500-00	3 . 400 .00	R 200 .00	
50-59	50—59	50—59	
1. R1500.00	1 . 1000 .00	R 500 .00	
2. R750-00	2 . 600 .00	R 300 .00	
1. R500-00	3 . 400 . 00	R 200 .00	
60+	60– 69	60+	
1. R1500.00	1 . 1000 .00	R 500 .00	
2. R750-00	2 . 600 . 00	R 300 .00	
1. R500-00	3 . 400 . 00	R 200 .00	
70+	70+	JUNIOR	
1 . 1500 . 00	1 . 1000 .00	R 1000 .00	
2 . 750 .00	2 . 600 . 00	R 750 .00	
3 . 500 . 00	3 . 400 . 00	R 500 .00	
TEAM PRIZE			
500 .00 X 4			

## RULES OF THE RACE:

1. The race will be run in accordance with the rules of W /A , ASA & KZNA.
2. Athletes **MUST** Familiarise themselves with the Above Rules and Regulations
3. The organizers will not be held responsible for injuries, accidents or losses sustained before, during or after the event.
4. Entrants, who are not licensed, may purchase a temporary licence which must be worn on the back of the vest or crop top, and this is over and above entry fee. **Refer to ASA Rule ( 25,6 )**
5. Age category & walker tags must be worn on the front & back of the vest or Crop Top to Qualify for Prize money
6. 2023 licences must be worn on the front & back of vest or Crop Top ( comply with ASA Rule 25.4.8 & 26.1.6)
7. Participants **MUST** be 14 years or over for 10km , 20years and over 52km and 9 years or over for 5km race on the day of the race
8. No seconding vehicles allowed on the route.
9. All foreign athletes must abide by W/A rules 22,1 , 4,2 and 142 Also ASA Rule 9
10. Top bag facilities will be available at athlete own risk.
11. There will be 16 refreshment stations on the route , so No personal seconding Allowed
12. Athlete **MUST** obey instructions from Race Marshals , Race Officials , Traffic Officials and Race Referees
13. Licensed athletes are covered by insurance. Refer to KZNA ON 031 312-9374 for further details.
14. **Prize giving will commence at 11h30**

### CONTACT DETAILS

**CONTACT : Skhumbuzo Mlambo: 0720467803**  
**: Siyabonga Ngobese : 0833778959**