



Haenertsburg Rotary Club presents the Makgobaskloof Plunge - our infamous 42.2km and a new 21.1km half marathon - on Saturday 18th November 2023.

The 42 km is run from Haenertsburg to Tzaneen; with a total ascent of 472m and descent of 1013m. After a 2 km warm-up around the village the route joins the R71 eastbound starting with a 3 km climb. You'll be running on the shoulder of the westbound lane, facing any oncoming traffic. After 14 km of ups and downs on the mountain the course descends Magoebaskloof (5 km) to the Lowveld where you will find the first 9 km again as undulating as the mountain and finally 14 km of easy gradients to the finish on the R71, R36 and streets of Tzaneen. A taxing experience when combined with the Lowveld summer temperature and humidity. The 21 km is run simultaneously on the latter half of the same course.

Runner safety is our prime concern and to this end the R71 section will be partially closed for 5 hours and Provincial and Municipal traffic officers will be assisting our marshals. We will endeavor to keep you well hydrated and nourished with 15 water points at intervals of 2.3 to 3.6 km. Some toilets too!

Entry Fees

42.2km – R340

21.1km – R240

Temporary license - R40

T-shirt – R180

Start Times

42.2 km: **5h30** at Plein Street Haenertsburg (co-ords -23.94434; 29.93852)

21.1 km: **5h30** on R71 near km marker 77.0 East (co-ords -23.84378; 30.03523)

Both races end at the Tzaneen Showgrounds and will be timed.

Bus Tickets

42.2 – **R80.00** - tickets are available online for a bus ride to the start

21.1 – **R50.00** - there is **NO parking at or near the start**, so please buy a ticket online

Above entry fee, T-shirt and bus ticket excludes an online transaction cost of 6.4%.

Race Number Collection Points

Please select your point of collection as your number will only be available at your selected collection point.

- 1) The Farmyard, Polokwane – Wednesday 15th and Thursday 16th November 2023 from 16h00 to 18h00; and Friday 17th November 2023 from 16h00 to 18h00
- 2) Lifestyle Centre, Tzaneen -Thursday 16th November from 16h00 to 18h00 or Friday 17th November from 14h00 to 18h00
- 3) Community Centre, Haenertsburg – Friday 17th November 2022 from 14h00 to 18h00

All race numbers not collected at one of the above points can be collected at the start points half-an hour before the race starts, but please don't cut it too fine.

All competitors who complete the 42.2km (cut-off 6 hr) and 21.1km (cut-off 3.5 hr) races within the cut-off times will receive a medal.

Tourism/Accommodation info can be found at: www.mountaingetaways.co.za

Prize Money - Mens and Ladies Categories		42.2 km	21.1 km
OPEN	1st	5 000	2 000
	2nd	2 000	800
	3rd	1 000	400
JUNIOR	1st	n/a	2 000
	2nd	n/a	800
	3rd	n/a	400
40-49	1st	1000	600
	2nd	500	300
	3rd	250	150
50-59	1st	1 000	600
	2nd	500	300
60-69	1st	1 000	600
	2nd	500	300
70-79	1st	1 000	600
	2nd	500	300
Walkers	1st	n/a	400
	2nd	n/a	200