

NMFC

FAST RACE 3-IN-1

23 MARCH '24



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



culture, sport & recreation
MPUMALANGA PROVINCE
REPUBLIC OF SOUTH AFRICA

ENTRIES OPEN ON 5 JANUARY 2024 AND CLOSE ON 15 MARCH 2024
UPGRADES, DOWNGRADES & SUBSTITUTIONS BETWEEN 1 -15 MARCH 2024
SUBSTITUTION , UPGRADE, DOWNGRADE FEE: R50
HALFWAY CUT OFF 9AM ON 42.2KM RACE. NO MEDALS AFTER 11:30 FINISH CUT OFF
PRIZE GIVING STRICTLY START AT 10:00AM
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 : 065 707 0216

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FAST RACE 3-IN-1



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 INFO@NELSPRUITMARATHONCLUB.COM

PRIZE MONEY

CATEGORY	42.2KM	21.1KM	10KM
1ST	7000	3000	1500
2ND	5000	2000	1000
3RD	2500	1000	500
4TH	1500		
5TH	500		
JNR 1ST		500	300
JNR 2ND		300	200
40+ 1ST	800	400	250
40+ 2ND	400	200	150
50+ 1ST	600	400	250
50+ 2ND	400	200	150
60+ 1ST	600	400	250
60+ 2ND	400	200	150
70+ 1ST	600	400	250
70+ 2ND	400	200	150

ASA Rules apply:

REFEREES' DECISION IS FINAL

Obey all Traffic Officials and Race Marshals.
 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, 2024 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 to participate. 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.

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.