

**PRE-ENTRIES
ONLY**

**ENTRIES CLOSE
18 FEB**

**SUBSTITUTIONS
19 - 23 FEB 2024**



2 MARCH 2024

DARE TO BE GREAT



42.2KM

R400 ENTRY FEE

06:00

**LAERSKOOLOOSTERLIJN
(EMGWENYA/WATERVAL BOVEN)**



21.1KM

R250 ENTRY FEE

06:00

MALAGA HOTEL



10KM

R100 ENTRY FEE

06:00

**SAPPI SKILLS TRAINING
CENTRE**

Bus Ticket to the Start is included in Race Fees

All races finish at Ngodwana, Mpumalanga

Temporary Licences R40 | Race Shirts R200 | Substitutions R100

T-Shirt Orders Close : 4 February 2024

EARN VITALITY POINTS

**SCAN QR CODE
FOR ALL THE INFO**



**NEDBANK
RUNNING
CLUB**



TRAC N4 2024
ELANDS MARATHON



QUALIFIER

TOTALSPORTS

**TWO
OCEANS
MARATHON**



RULES

Rules

1) The race will be run according to the rules of ASA, WORLD ATHLETICS (WA) & AMPU. 2) REFEREE'S DECISION IS FINAL. 3) Obey all Traffic Officials and Race Marshals. 4) 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. Athletes for the 42.2 km must be 20 years or older on race day.

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) 2024 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.

PRIZE MONEY

		42KM	21KM	10KM
	1st Place	R12 000	R5 000	R3 000
	2nd Place	R6 000	R2 500	R1 750
	3rd Place	R3 500	R1 250	R1 250
	4th Place	R2 500		
	5th Place	R1 500		
40+	1st Place	R1 300	R1 000	R600
	2nd Place	R800	R650	R400
50+	1st Place	R1 300	R1 000	R600
	2nd Place	R800	R650	R400
60+	1st Place	R1 300	R1 000	R600
	2nd Place	R800	R650	R400
Junior	1st Place	-	R1 000	R600
	2nd Place		R650	R400
Walker	1st Place	R1 300	R1 000	R600
			R650	R400

**Note : Electronic transfer of prize money only | bring along bank details
Additional prizes for open category winners sponsored by Tifosi Sports

RACE PROFILE

