



QUALIFIER

Race Rules

- The event is held under the rules of ASA and AGN.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
- All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
- Licensed athletes must wear their 2024 license number back and front, on the upper body of the garment and the issued race number worn on the front of vest without concealing the sponsors names. Licensed athletes who do not wear their 2024 license numbers must purchase a temporary license on the day or face disqualification.
- Temporary licensed athletes to wear plain clothing with the issued temporary license on the back of their vest.
- Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
- No seconding allowed.
- Unlicensed runners on 21.1 km must buy temporary licence (R60).
- No blades, cyclist or mechanically operated devices allowed in the race
- No 2-, 3- or 4-wheel carts/prams which are mechanically or manually operated by participants, or wheelchairs athletes will be permitted to participate without special permission been granted from the race organiser. All such participants MUST start at the back of the field.
- No animals/pets are allowed to participate.
- Runners in the 50km must wear a permanent 2024 licence number and are not allowed to wear a temporary licence number
- All instructions from traffic and race officials must be obeyed at all times.
- Proof of age for prize winners is required and must be presented to the referees before prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
- Only those who have completed all the information required in the race entry/number are eligible for prizes.
- No refunds.
- No earphones, iPods and the like allowed and contravention of WA rule 144.2b, may lead to disqualification.
- Athletes may not run with another athlete's race number unless by prior arrangement with the race organizer.
- The race organizer retains the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
- Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Habitual offenders (those who regularly participate without purchasing a race entry) will be reported to AGN disciplinary.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Athletes can be disqualified if they litter.
- Objections/disputes must be lodged within 30 minutes before and after prize giving in writing to the chief referee accompanied by R500.00 which is refundable if the appeal is upheld.
- Foreign athletes are not allowed to run with ASA Provincial license and are required to purchase a temporary license or face disqualification. (Refer to WA rule 4.)
- Foreign athletes are not allowed to run in club colours unless such club exist in their country of origin or they are in possession of a refugee status permit or are naturalized citizens of RSA.
- Cut-off time for 21,1km is 3hrs and for 50km is 7 hours

FURTHER ENQUIRIES

Email: info@tshwanenorthultra.co.za



	MEN	WOMEN	MEN / WOMEN	MEN / WOMEN	MEN / WOMEN
POSITION 50KM	OPEN	OPEN	40-49	50-59	60+
1st	R10 000	R10 000	R2500	R1000	R1000
2nd	R8 000	R8 000	R2000	R750	R500
3rd	R6 000	R6 000			
4th	R4 000	R4 000			
5th	R2 000	R2 000			
POSITION 21KM	OPEN	OPEN	40-49	50-59	60+
1st	R3 500	R3 500	R750	R750	R750
2nd	R2 500	R2 500			
3rd	R1 500	R1 500			
4th	R1 000	R1 000			
5th	R500	R500			
POSITION 5KM	OPEN	OPEN	40-49	50-59	60+
1st men	R300	R300	R100	R100	R100
2nd	R200	R200			
3rd	R150	R150			
1st Junior	R200	R200			
2nd Junior	R100	R100			

- ★ CUT OFF TIME FOR 50KM (7 Hours)
- ★ CUT OFF TIME FOR 21KM (3 Hours)
- ★ CUT OFF TIME FOR 5KM (2 Hours)

Race entries, timing and results will be available from Peak Timing (www.peaktiming.co.za)
FOR ONLINE REGISTRATION VISIT : (<http://www.tshwanenorthultra.co.za/>)

RACE NUMBER COLLECTION CAN BE DONE AT:
AKASIA COMMUNITY HALL - 120 DISOTUS AVE, KAREN PARK, AKASIA, 0118

ONLINE ENTRY CLOSES ON 31 MARCH 2024 - NO ENTRIES ON RACE DAY - NO LATE ENTRIES WILL BE ACCEPTED
NO TEMP LICENSE FOR 50KM

MEDALS TO ALL FINISHERS
RACE STARTS AT 06:00 am (50km)
RACE STARTS AT 06:00 am (21km)
RACE STARTS AT 06:30 am (5km)

Race number collection

Location : Akasia Community Hall
Dates : 18 - 20 April 2024
Times : 18 April - 10.00 am to 6.00 pm
 19 April - 10.00 am to 8.00 pm
 20 April - 04:30 am to 05.30am

- ### Additional information
- Club gazebos are welcome
 - Coke and water +/- every 3 km
 - Dustbins at all water points
 - Medical services are provided
 - Refreshments will be on sale at the venue
 - Tog bag area will be available
 - Limited parking available near the venue
 - Please arrive early to avoid traffic congestion

For general race enquiries contact:
 079 965 4524 / 082 909 5868 / 073 497 3141

info@tshwanenorthultra.co.za

www.tshwanenorthultra.co.za

For Media enquiries/Interviews
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50km 21km 5km

DATE: 20 APRIL 2024
DISTANCE: 5KM / 21KM / 50KM
START/ FINISH: AKASIA COMMUNITY HALL

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME
50KM	R450	N/A	06:00am
21KM	R290	R60	06:00am
5KM	R60	R60	06:30am
DISTANCE	GRAND MASTER		
50KM	R380	N/A	06:00am
21KM	R240	R60	06:00am



Ultra Marathon

