



RACE INFO

SCAN ME



NRB HARRIERS CHALLENGE 2024

30 NOVEMBER 2024

HOSTED BY
NRB HARRIERS
ATHLETIC CLUB

- ✓ 5km fun walk/ run @ 6:30
- ✓ 10km walk/ run @ 6:00
- ✓ 21.1km run @ 5:45
- ✓ 42.2km run @ 5:30

KZNA MARATHON CHAMPS & THE
LAST 42.2KM COMRADES 2025
QUALIFYING RACE FOR THE YEAR

START & FINISH:



CAFÉGYM EXTREME
TOWNSQUARE MALL

REGISTRATIONS DONE
ONLINE:



www.msem.co.za



KWAZULU-NATAL ATHLETICS



CAFÉGYM
FITNESS DONE BETTER



ENTRIES

42.2KM: R400
21.1KM: R350
10KM: R250
5KM: R100 (MEDAL ONLY)

**NO ON DAY
REGISTRATIONS.
(ONLINE ONLY)**

**REGISTRATIONS
CLOSE: 10 NOV
2024**

TEMPORARY LICENCE
21.1KM: R80
10KM: R50

NUMBER COLLECTIONS
29/11: 13:30 - 19:00 @ CAFEGYM EXTREME
(NO COLLECTION ON RACE DAY)

RULES

- 1. ENTRIES CLOSE AT 24H00 ON SUNDAY 10 NOVEMBER 2024. THERE ARE NO LATE ENTRIES. NO SUBSTITUTIONS WILL BE PERMITTED.**
- 2. RACE NUMBERS AND PACKS CAN BE COLLECTED INSIDE CAFÉ GYM TOWNSQUARE MALL, RICHARDS BAY, ON FRIDAY, 29 NOVEMBER FROM 13H00 - 19H00 - NO RACE PACK COLLECTION AT STARTS.**
- 3. RACE SHIRTS ARE CAPPED AT A TOTAL OF 400 FOR THE 42.2KM, 21.1KM AND 10KM RACES. NRB HARRIERS AC RESERVES THE RIGHT TO SUBSTITUTE SIZES SELECTED.**
- 4. ALL ATHLETES MUST BE LICENSED. LICENSED RUNNERS/WALKERS MUST WEAR THEIR CLUB COLOURS, TOGETHER WITH THEIR 2024 LICENCE NUMBERS ON THE FRONT AND BACK OF THEIR VEST AND THE NRB HARRIERS CHALLENGE RACE NUMBER MUST BE PLACED OVER THE LICENSE NUMBER SO BE PLACED OVER THE FRONT LICENSE NUMBER SO THAT THE ASA SPONSOR LOGO IS VISIBLE.**
- 5. ATHLETES MAY WEAR A TEMPORARY LICENCE FOR THE 21KM AND 10KM RACES. THESE ATHLETES MUST WEAR PLAIN COLOURS (WITH NO ADVERTISING), THE TEMPORARY LICENCE NUMBER ON THE BACK OF THEIR VEST AND THE NRB HARRIERS CHALLENGE RACE NUMBER ON THE FRONT OF THE VEST. NO LICENCE/NUMBER TO BE WORN ON SHORTS. TEMPORARY LICENCE NUMBER WILL BE ON SALE OR AVAILABLE FOR COLLECTION AT REGISTRATION ONLY. HOLDERS OF TEMPORARY LICENSES WILL BE ELIGIBLE FOR INDIVIDUAL PRIZES AND MAY CLAIM AGE CATEGORY PRIZES IN KEEPING WITH WA AND ASA RULE 25.6.13**
- 6. ALL THE NRB HARRIERS CHALLENGE EVENTS ARE HELD UNDER THE RULES OF ATHLETICS SOUTH AFRICA (ASA), KWAZULU-NATAL ATHLETICS (KZNA) AND WORLD ATHLETICS (WA). ALL FOREIGN ATHLETES MUST COMPLY WITH WA RULES CR 1.7, TR 4.1 AND TR 4.2 TOGETHER WITH ASA RULE 9.**

7. ALL RACE ENTRANTS MUST BE AT LEAST THE FOLLOWING AGES ON THE DAY OF THE EVENT: 42.2KM @ +19 YEARS, 21KM @ +16 YEARS, 10KM @+14 YEARS, 5KM @ +9 YEARS.

8. JUNIOR ATHLETES MUST BE 19 AND YOUNGER ON THE 31 DECEMBER IN THE YEAR OF THE EVENT, MUST WEAR A J ON THE UPPER FRONT AND BACK OF VEST/ CROP TOP TO BE ELIGIBLE FOR PRIZES AND MUST PROVIDE PROOF OF AGE ON RACE DAY.

9. THE ASA/KZNA APPROVED NUMERICAL AGE CATEGORY TAGS (60MM X 80MM) MUST BE WORN ON THE BACK AND FRONT OF ATHLETE'S VESTS FOR THOSE COMPETING FOR CATEGORY PRIZES. PROOF OF AGE MUST BE PROVIDED ON REQUEST BEFORE OR AFTER THE RACE.

10. ROAD RUNNERS PASSED THE HALFWAY CUT-OFF AT 21.1KM IN 3 HOURS FOR 42.2KM , AND CUT-OFF OF AT 10.5 IN 2 HOURS FOR 21.1 KM WILL NOT BE ALLOWED TO CONTINUE. ROAD RUNNERS/WALKERS WHO HAVE NOT PASSED THE HALFWAY CUT-OFF POINT AT 10.5KM IN 2 HOURS (BY 07H30) WILL NOT BE ALLOWED TO CONTINUE. THESE RUNNERS WILL BE ASKED TO LEAVE THE ROAD BY AUTHORIZED OFFICIALS AND WILL BE TRANSPORTED TO THE FINISH.

11. PRIZE GIVING WILL BE AT 09H30 FOR THE 10KM AND 21KM

12. A SECURE TOG BAG AREA WILL BE AVAILABLE ON THE DAY OF THE RACE AT THE START/FINISH, CAFÉ GYM TOWNSQUARE MALL, RICHARDS BAY.

13. THE NRB HARRIERS CHALLENGE RACES, (EXCEPT THE 5KM FUN RUN) ARE MAT TO MAT TIMED EVENTS.

14. ATHLETES ARE TO OBEY TECHNICAL OFFICIALS, TRAFFIC OFFICIALS, EVENT MARSHALS AND SAFETY OFFICER AT ALL TIMES.

15. REFRESHMENTS WILL BE PROVIDED ALONG THE ROUTE AND NO SECONDING WILL BE PERMITTED.

16. NO BLADES, WHEELCHAIRS OR MECHANICALLY OPERATED DEVICES ARE ALLOWED IN THIS YEAR'S NRB HARRIERS CHALLENGE EVENTS.

17. NO IPODS, OR ANOTHER FORM OF EARPHONES TYPE DEVICE MAY BE USED DURING ANY OF THE NRB HARRIERS CHALLENGE EVENTS.

18. NO PETS ARE ALLOWED ON ANY OF THE ROUTES OF THE NRB HARRIERS CHALLENGE, INCLUDING THE 5KM.

19. ENTRY FEES SHALL NOT BE REFUNDED, CANCELLED, RETURNED ON EXCHANGED ON ACCOUNT OF WEATHER OR UNFORESEEN EVENTS OCCURRING BEYOND THE CONTROL OF THE EVENT ORGANIZERS, THE RACE DIRECTOR, THE HOST CLUB OR THE SPONSORS.

20. ENTRANTS AGREE THAT PHOTOGRAPHS TAKEN BY THE OFFICIAL RACE PHOTOGRAPHER ON EVENT DAY CAN USED FOR PROMOTIONAL PURPOSES.

21. THE NRB HARRIERS CHALLENGE SUPPORTS AND PROMOTES CLEAN RUNNING. PLEASE HELP OUR EVENT AND OUR SPORT BY THROWING YOUR COKE CUPS AND WATER SACHETS IN THE BINS PROVIDED.

22. INDEMNITY: ALL ENTRANTS PARTICIPATE AT THEIR OWN RISK. ORGANISERS AND SPONSORS WILL NOT BE HELD RESPONSIBLE FOR ANY LOSS OR INJURY DURING OR AS A RESULT OF THE RACE, PROPERTY LOSS OR DAMAGE ON THE COURSE OR IN THE CHANGING AREA.

PRIZES

42.2KM

11ST MALE & FEMALE	R1100
2ND MALE & FEMALE	R800
3RD MALE & FEMALE	R600

21.1KM

1ST MALE & FEMALE	R800
2ND MALE & FEMALE	R600
3RD MALE & FEMALE	R300

AGE CATEGORIES

35-39 MALE & FEMALE	R200
40-49 MALE & FEMALE	R200
50-59 MALE & FEMALE	R200
60+ MALE & FEMALE	R200
JUNIOR MALE & FEMALE	R200

10KM

1ST MALE & FEMALE	R500
2ND MALE & FEMALE	R300
3RD MALE & FEMALE	R200
JUNIOR MALE & FEMALE	R150

MEDALS TO ALL FINISHERS

FREE T-SHIRTS TO THE FIRST 400 ENTRIES.

(42.2KM, 21.1KM AND 10KM)

CONTACT DETAILS

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