



Remember Nelson Mandela



DATE:

Sunday 11th of December 2022

VENUE:

Union Buildings, Pretoria

START TIMES FOR 10km & 21km

Starts at **07h00**

on Government Road at the Union Buildings

START TIME FOR 5km:

Walk starts at **09h00** on

Government Road at the Union Buildings.

The 5km will not be timed.

Entries must be processed online @

<https://mandelawalkandrun.com>

Closing date: 8 December 2022

ENTRY FEES

	10KM	21.1KM	5KM
	R100	R150	R50
JUNIORS	R50	R90	R50
60+	R50	R90	R0
TEMPORARY LICENSE FOR 10KM AND 21.1KM R40			

Event merchandise comprising a **shirt, cap and bag**, is included in the entry price.

Limited to the first 5000 entrants and should be collected at race number collection.

NUMBER COLLECTION DETAILS:

Nelson Mandela Foundation
107 Central Street
Houghton Estate, Johannesburg
Friday 9th December 2022
from 09h00 - 17h00

Pretoria Faith Community Church Hall
cnr. Stanza Bopape & Wessels Street
Arcadia, Pretoria (*opposite the Sheraton Hotel*)
Saturday 10th December 2022 from 09h00 - 18h00
Sunday 11th December 2022 from 05:00-06:30

PRIZE MONIES: (RUNNERS ONLY)

MEN AND WOMEN 10KM			
CATEGORY	FIRST	SECOND	THIRD
OPEN	R5000	R3000	R1000
40-49	R3000	R2000	R1000
50-59	R1000	X	X
60-69	R1000	X	X
70-79	R1000	X	X
80+	R1000	X	X
JUNIOR	R1000	X	X

MEN AND WOMEN 21.1KM			
CATEGORY	FIRST	SECOND	THIRD
OPEN	R6000	R4000	R2000
40-49	R4000	R3000	R1000
50-59	R2000	X	X
60-69	R2000	X	X
70-79	R2000	X	X
80+	R2000	X	X
JUNIOR	R2000	X	X

RULES FOR MANDELA REMEMBRANCE WALK RUN:

- The entrants will participate under the rules of ASA and AGN and it is the entrants responsibility to familiarise themselves with the rules.
- Athletes participate at their own risk and indemnify the organisers, sponsors and national and provincial bodies against any claims that may arise.
- Licensed athletes must wear their ASA 2022 licence numbers on the front and the back of their vests when participating in the 10km and 21.1km races. Unlicensed athletes in the 10km and 21.1km must by a temporary licence and wear it on the back of the vest.
- Race numbers must be worn on the front. The race number must not cover the logo on the licence number.
- Athletes competing for age category prizes must display the official numerical age category tags on the front and the back of their vest
- The time of Prize giving will be announced on the day. Minimum ages for participants in the 10km and 21.1km races are 14 years and 16 years respectively on the race day.
- Marshals and Traffic Officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification.
- No seconding is allowed during the race.
- No IPods or listening devices are allowed in the race.
- No Blade, Bicycle or mechanically operated device will be allowed in the race.
- Entry fees will not be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers.
- No pets are allowed.
- There will be refreshment points at 3 km intervals along the route.
- Medical support and Tog bag facilities will be available.



**Athletics
Gauteng North**



All race proceeds will go towards the work of the Nelson Mandela Foundation, keeping his legacy alive.