

14TH
SEP '24

@6AM

FREE T-SHIRT

MEDALS TO
FINISHERS



HALF MARATHON

21.1KM | 10KM

ALL PRIZE MONEY WILL BE PAID VIA EFT
BANKING DETAILS REQUIRED ON RACE DAY

21.1KM

1st M & F Open R6000
2nd M & F Open R4000
3rd M & F Open R3000

Category Winners

40+ | 50+ | 60+ | 70+ | Juniors
1st M & F R2000
2nd M & F R1500
3rd M & F R1500

Walker R2000

10KM

1st M & F Open R2500
2nd M & F Open R2000
3rd M & F Open R1000

Category Winners

40+ | 50+ | 60+ | 70+ | Juniors
1st M & F R1500
2nd M & F R1000
3rd M & F R500

Walker R1500

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.

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.

ALL INTERNATIONAL RUNNERS MUST PROVIDE A CLEARANCE LETTER OF GOOD STANDING FROM THEIR ATHLETICS GOVERNING BODY

DISTANCE

21.1KM | 10KM

COLLECTION

RIVERSIDE MALL
MBOMBELA

11 September 2024 : 10:00 - 19:00
12 September 2024 : 9:00 - 19:00
13 September 2024 : 08:30 - 00:00

START & FINISHING POINT

RIVERSIDE MALL
MBOMBELA

PRIZE GIVING
10km - 9am
21.1km - 10am

21.1KM SA R280 | AFRICA R350 | INT R1000 - 10KM SA R180 | AFRICA R200 | INT R500 - TEMP LIC R40

RACE QUERIES: 013 001 2860 / 078 208 5183 / NELSPRUIT@RUNWALKFORLIFE.CO.ZA



ENTRIES CLOSE: 20 AUG 2024

ONLINE REGISTRATION ONLY: WWW.ENTRYGEEK.COM