



ULUNDI STRIDERS HALF MARATHON



RULES

1. Ulundi Striders Half Marathon held in accordance with WA, ASA and KZNA rules.
2. The number of license may be covered with the competition number issued.
3. Both provincial license MUST be worn in the upper part of vest/crop top (front and back).
4. Please bring proof of payment when collecting run/walk number.
5. Post hydration provided.
6. Tog bags facility will be provided-own risk.
7. All participants must wear ASA approved KZNA 2023 license and relevant age category tags on the upper part of vest/crop top (front and back).
8. All relevant age categories must be clearly visible.
9. No refunds.
10. No pacing permitted.
11. Club kit to be worn.
12. Temporary license athletes must wear apparel with no branding and temporary license must be worn on upper part upper part of vest/crop top – at the back if special race numbers are worn on front. Holders of temporary licences will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rules.
13. Temporary license athletes are not covered by ASA insurance.
14. Participants must obey Marshalls, Traffic Officials, and Race Officials.
15. All foreign athletes must comply with WA Competition Rule 1.7 and ASA Rule 9.
16. 10km from 14 years of age. Junior athletes must be 19 years and younger on 31 December in the year of the competition and must wear a "J" on the upper front and back of the vest/crop top in order to be eligible for prizes. Proof of age must be provided on race day for the prize eligibility.
17. 21km from 16 years of age.
18. Proof of age will be required for all categories winners.

ULUNDI STRIDERS HALF MARATHON

SUN 19 NOV 2023



START AND FINISH

PRINCE MANGOSUTHU BUTHELEZI

REGINAL STADIUM, ULUNDI

TIME

21KM - 6:30AM
CUT OFF 3 HRS

10KM - 7AM
CUT OFF 2 HRS

EARLY BIRD 21KM
R250 LATE ENTRY R300
TEMPORAL LICENSE - R80

EARLY BIRD 10KM
R150 LATE ENTRY R200
TEMPORAL LICENSE - R50

REGISTER AT

WWW.PEAKTIMING.CO.ZA

MANUAL REGISTRATION

17 & 18 NOVEMBER
AT MULTIPURPOSE HALL, OPENING
09AM AND CLOSING 17PM.

EARLY BIRD ENTRIES CLOSE 31 OCTOBER
LATE ENTRIES CLOSE 18 NOVEMBER

FOR MORE INFO CONTACT
NKULULEKO MTHALI 073 455 4704
MTHANDENI MKHIZE 073 019 7066

FREE BEAUTIFUL TECHNICAL T-SHIRT
FOR THE 1ST 500 TO REGISTER

ALL FINISHERS WILL RECEIVE MEDALS.

TRANSPORT FROM PRINCE MANGOSUTHU BUTHELEZI
STADIUM TO 19 WILL BE PROVIDED

ASSUPOL

32Gi
Source Nutrition

ILANGA
Sports Nutrition

aQuellé

Icebolethu
Group

Orange
Trove

CROSS
CLUB

Shield

Coca-Cola

"The City of Heritage"
ULUNDI STRIDERS
KWAZULU-NATAL
ATHLETICS

ENTRY FORM

FOR OFFICIAL USE (RACE NUMBER)

Title: Name:

Surname:

ID Number: RSA Citizen: Y N

Gender: Male Female Date of birth: Y Y Y Y M M D D

Age: Passport number:

Club: Province:

Postal Address:

Postal code:

Physical Address:

Cell number: Email:

Home No: Work No:

2023 License No: Race entered: 21km 10km

OPEN: WALKER: JUNIOR: 35-39: 40-49: 50-59: 60+:

INDEMNITY: I acknowledge that any payments not honoured by my bank will render me liable for any costs incurred as well as disqualifying from participation. I'm medically fit to run and fully understand that I now enter at my own risk and indemnity race sponsors and organizers against any claim which arise from my participation.

"The City of Heritage"



ASSUPOL

32Gi
Sports Nutrition

ILANGA
IPIHVALLESIZWE

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Icebolethu
Group

Grange
Grove

UNYANI CLINIC
QUALITY • AFFORDABLE
PRIVATE HEALTHCARE

Shield

Coca-Cola

KWAZULU-NATAL
ATHLETICS



ULUNDI STRIDERS HALF MARATHON PRIZE MONEY

SUN 19 NOV 2023



PRIZE MONEY 10KM MALE AND FEMALE

	OPEN	WALKER	JNR	35-39	40-49	50-59	60+
1	R 3 000,00		R 500,00	R 300,00	R 300,00	R 300,00	R 300,00
2	R 1 500,00		R 300,00				
3	R 1 000,00		R 200,00				
TOTAL	R 5 500,00	R 0,00	R 1 000,00	R 300,00	R 300,00	R 300,00	R 300,00
SUB-TOTAL	R 11 000,00	R 0,00	R 2 000,00	R 600,00	R 600,00	R 600,00	R 600,00

PRIZE MONEY 21KM MALE AND FEMALE

	OPEN	WALKER	JNR	35-39	40-49	50-59	60+
1	R 5 000,00		R 500,00	R 500,00	R 500,00	R 500,00	R 500,00
2	R 3 000,00		R 300,00	R 300,00	R 300,00	R 300,00	R 300,00
3	R 2 000,00		R 200,00	R 200,00	R 200,00	R 200,00	R 200,00
TOTAL	R 10 000,00	R 0,00	R 1 000,00	R 1 000,00	R 1 000,00	R 1 000,00	R 1 000,00
SUB-TOTAL	R 20 000,00	R 0,00	R 2 000,00	R 2 000,00	R 2 000,00	R 2 000,00	R 2 000,00

ULUNDI STRIDERS ATHLETES ONLY

NB: STRICTLY ULUNDI STRIDERS RACE OFFICIAL COLOURS

21KM R1500 MALE & FEMALE | 10KM R1000 MALE & FEMALE