

National Anthem

Nkosi sikelel' iAfrika
Maluphakanyisw' uphondo lwayo,
Yizwa imithandazo yethu,
Nkosi sikelela, thina lusapho lwayo.

Morena boloka setjhaba sa heso,
O fedise dintwa le matshwenyeho,
O se boloke, O se boloke setjhaba sa heso,
Setjhaba sa South Afrika - South Afrika.

Uit die blou van onse hemel,
Uit die diepte van ons see,
Oor ons ewige gebergtes,
Waar die kranse antwoord gee,

Sounds the call to come together,
And united we shall stand,
Let us live and strive for freedom,
In South Africa our land.



Starting Points:	42.2KM	21.1KM	10KM	5Km
	Mphuthumi Mafumbatha	Ludeke River	Nomlacu	Nyanisweni

'A United, Active and Winning Province Through Sport, Recreation, Arts, Culture & Heritage'





NAME SURNAME

ADDRESS

ID NUMBER AGE

CELL NUMBER PHONE

EMAIL ADDRESS

CLUB NAME

LICENCE NO PROVINCE

DATE OF BIRTH

GENDER ☐ MALE ☐ FEMALE

WAIVER OF RIGHTS/CLAIM & CONSENT

I declare that I will abide by the rules of **Athletics South Africa**. I participate at my own risk and I will **NOT** hold the organizers or sponsors responsible for any loss or injury during and after the race.

SIGNATURE OF PARTICIPANT SIGNATURE OF PARENT/ GUARDIAN (If under 18)

ENTRY FEE 42.2km: R200 | 21,1km: R150 | 10Km: R120 | 5Km: R50

RACE RULES AND REGULATIONS

Race held under the rules of ASA. Athletes indemnify the National, Provincial and Regional bodies, sponsors and organizers against any actions of whatever same may be, arising out of their participation in the race.

- The race will start at 6h00 [42,2km starting at Mphuthumi Mafumbatha], 06h15 [21,1km at Ludeke River], 06h15 [10km starting at Nomlacu] and 6:30 [5km starting at Nyanisweni]
- No personal seconding will be allowed. There will be enough water stations along the route.
- All traffic officers and Marshalls must be obeyed.
- The official cut off time for 42,2km will be 6hrs and 21,1km will be 3hrs from the starting time.
- The race committee reserves the right to accept or reject any Entry.
- The prize giving is at 12h30.
- The race number will be collected at the registration centers
- License numbers will be provided by the hosting club at the registration site

CLUB ACCOUNT BANK DETAILS



Account Type: **FNB Gold Business Account**
Account Number: **63154513923**
Branch Code: **220128**
Swift Code: **FIRNAJJ**

Contact Person: **Mr Mkhonza 061 4563864**

PRIZE MONEY BREAKDOWN

42,2KM OPEN

POSITION	MALE	FEMALE	TOTAL	CAT.	40 – 49	40 – 49	50 – 59	50 – 59	60	60	TOTAL
					MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	
1.	R20 000	R20 000	R40 000								
2.	R10 000	R10 000	R20 000	1.	R1 200	R1 200	R1 000	R1 000	R1 000	R1 000	R10 400
3.	R5 000	R5 000	R10 000	2.	R1 000	R1 000	R900	R900	R900	R900	R8 600
4.	R3 000	R3 000	R6 000	3.	R900	R900	R800	R800	R800	R800	R7 400
5.	R2 000	R2 000	R4 000								
				TOTAL	R3 100	R3 100	R2 700	R2 700	R2 700	R2 700	R26 400
TOTAL	R40 000	R40 000	R80 000								

21,1KM OPEN

POSITION	MALES	FEMALE	TOTAL	CATEGORY	1ST	2ND		3RD		TOTAL	
					MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	
1	R7 000	R7 000	R14 000	JUNIORS	R1 500	R1 500	R1 200	R1 200	R1 000	R1 000	R7 400
2	R2 000	R2 000	R4 000	40 - 49	R1 000	R1 000	R800	R800	R500	R500	R4 600
3	R1 500	R1 500	R3 000	50 - 59	R800	R800	R700	R700	R500	R500	R4 000
4	R1 000	R1 000	R2 000	60+	R700	R700	R600	R600	R500	R500	R3 600
TOTAL	R14 500	R14 500	R29 000	TOTAL	R5 500	R5 500	R4 500	R4 500	R3 500	R3 500	R27 000

10KM OPEN

POSITION	MALE	FE-MALE	TOTAL	CATEGORY	1st	2nd	3rd	TOTAL			
					MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	
1	R 3 500	R3 500	R7 000	JUNIORS	R1 000	R1 000	R900	R900	R800	R800	R5 400
2	R1 500	R1 500	R3 000	40 - 49	R800	R800	R700	R700	R500	R500	R4 000
3	R1 200	R1 200	R1 400	50 - 59	R700	R700	R600	R600	R500	R500	R3 600
5	R1 000	R1 000	R2 000	60+	R700	R700	R600	R600	R500	R500	R3 600
TOTAL	R9 200	R9 200	R18 400	TOTAL	R4 200	R4 200	R3 600	R3 600	R3 000	R3 000	R21 600

5KM

CATEGORY	1ST	2ND	3rd	4th	5th	TOTAL	CATEGORY	1ST	2ND	3RD	4th	5th	TOTAL
Boys 10 -11 yrs	R350	R250	R200	R150	R100	R1050	Boys 12-13yrs	R500	R400	R300	R250	R200	R1 650
Girls 10 -11 yrs	R350	R250	R200	R150	R100	R1050	Girls 12 -13yrs	R500	R400	R300	R250	R200	R1 650
TOTAL	R700	R500	R400	R300	R100	R2100	TOTAL	R1 000	R800	R600	R500	R400	R3 300

TOTAL PRIZE MONIES

R185 000.00

registration link below:

<https://racepass.com/za/races/umzila-ka-tambo-marathon>

Manual Registration and Collection Date:

- Friday 23 -10 - 2026 & Saturday: 24 -10 - 2026
- Time: 10:00am to 17:00am

Collection Venue: • Bizana Cultural Village

Hosting Club: • LASUKA LAHLALA ATHLETIC CLUB **Temp Licenses Prices:** • R70.00

Online Closing Date: • 20 OCTOBER 2026

Contact for Race Enquiry:

- Mondli Mkhonza: 061 456 3864
- KK Maxambela: 073 352 4475

T-shirts:

- 42.2km - 100 t-shirts for first entries
- 21.1km - 100 t-shirts for first entries
- 10km - 150 t-shirts for first entries
- 5km - 50 t-shirts for first entries