



Discovery

Vitality



Athletics
Gauteng North



Mams Race

16 August 2026

Venue: Mams Mall gate 5 (Builders entrance) Parking entry
gate 5 (Different from start gate - McDonalds entrance)
6:30 (10km & 21km) • 6:40 (5km)

PRIZE MONEY 10KM MEN & FEMALE

Position	1	2	3
Open	750	500	250
Junior	450	250	
40 - 49	400	200	
50 - 59	400	200	
60+	300		

PRIZE MONEY 21KM MEN & FEMALE

Position	1	2	3
Open	1000	750	500
Junior	500	350	
40 - 49	500	350	
50 - 59	500	350	
60+	400		

5KM REGISTRATION FEE: R100
(No running license required)

10KM REGISTRATION FEE: R160
Unlicensed athletes: R160 + *R70 temporary license

21KM REGISTRATION FEE: R240
Unlicensed athletes: R240 + *R70 temporary license

How to enter:

- Online entries: <https://www.entryninja.com>
- Manual entries: Entrance 5 Venue
(Thursday 13 Aug to 15 Aug 12:00 to 18:00) & (16 Aug 04:00 to 05:00).

- Collection venue and date (From Thursday to Race day in the morning) Optional
- Cap entries: 1200 entries for all distances combined.
- Mandatory: Free breathable runners T-shirt first 500 entries and goodie bag for the first 500 online entries.



www.mamsmall.co.za



MAMS MALL



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Mams Race Rules & Information



DATE:
**16 AUG
2026**



START
TIME:
6AM



VENUE:
**MAMS
MALL**



GENERAL RULES

- The event is held under the rules of **ASA and AGN**.
- Athletes participation at their **own risk**.
- Licensed athletes must wear licence numbers on the **front and back** of their vests.



TEMPORARY LICENCES

- Unlicensed athletes in the **10km** and **21km** must purchase a temporary licence.
- Temporary licences must be worn on the **back of the vest**.



AGE REQUIREMENTS

5KM	Open to all ages
10KM	Minimum age 14 Years
21KM	Minimum age 16 years



CATEGORY PRIZES

- Athletes competing for category prizes must display official **age category tags**.
- All category winners must provide **proof of age** if requested.



RACE CONDUCT

- Obey all marshals and traffic officials.
- No headphones** or listening devices.
- No bicycles** or mechanically operated devices.
- No Blades** allowed.
- No pets** allowed.



MEDICAL & REFRESHMENTS

- Medical support will be available.
- Refreshment stations every **2 - 3 km**.
- Tog bag** facility available.
- Club Gazebo space will be limited and available for use on first come, first serve basis.



CUT-OFF TIMES

10KM	2h00
21KM	3h00



PRIZE ELIGIBILITY

- Walkers must wear **"W"** tags if competing as walkers.
- International Foreign Athletes must purchase a temporary Licence Number and must produce **clearance** from their member federation if are contenders for **prizes***.

NO
LISTENING
DEVICES.



NO BICYCLES
OR MECHANICAL
DEVICES



NO BLADES
ALLOWED



NO PETS
ALLOWED



CONTACTS



BHEKI:
081 323 0404



Marshals and Traffic Officials must be obeyed at all times.
Failure to comply with their instructions may lead to
immediate disqualification.

KGOSI:
072 383 9827



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