



MEDIA STATEMENT:

DISABLED RUNNERS RACE, MTB, TRIATHLON & TRAIL RUNNING

MEDIA LAUNCH – THURSDAY, 09 JUNE 2016

The 5th running of the Mandela Day Marathon was launched at the Nelson Mandela Foundation offices in Johannesburg on 14 April 2016. The event includes the flagship 42.2km marathon and also the 21.1km and 10km races.

Today, it is our pleasure to also launch the buffet of sporting festivities which kick off on Saturday, 27 August 2016, inclusive of **Mountain Biking, Triathlon, and Trail Running**. The suite of events endorsed by the KZN Mountain Biking (KZN MTB), KZN Triathlon (KZNT) and KZN Trail Running was presented with remarkable success in 2015, amidst great fanfare.

To continue with this evolution of making Mandela Day Marathon a 'marathon of choice', the Race Organizers have added two additional prizes to the whopping R1,3 million already on offer.

New Prizes:

As a pilot, the Race Organizers have allocated R40 000.00 for both male and female disabled runners participating in the flagship **42,2km marathon** event. The first runner pockets R10 000.00 followed by R6 000.00 for the second runner and R4 000,00 for the third runner.

Furthermore, the Race Organizers have allocated R20 000.00 towards club development. The Athletics Club with the highest number of registered runners for 42.2km receives R10 000.00 followed by R6 000.00 for the second Club and R4000.00 for the third Club.

His Worship, the Mayor of uMgungundlovu, Cllr. YB Bhamjee said, "We are proud to announce these two additional prizes designed to spread the Madiba spirit far and wide in a manner that touches the lives of all citizens".

Trail Running

The trail crosses through the beautiful rolling hills of the KwaZulu-Natal Midlands surrounding the venue and is a mixture of farm road, jeep track and single track. No trail is without a challenge and there are a few hills that will require grit and determination to conquer, just as Mandela showed determination to conquer oppression.

Entries are limited to 200 runners per distance to ensure that the trails don't get over crowded. Make sure you get your entry in early to avoid disappointment.

The runners in the trail event will receive the race goodie bag, which includes the race T-shirt and race medal on the finish line.

Mountain Biking

Participants of the Mandela Day Marathon MTB Dash will be experiencing the route that designed by maestro mountain bike course designer, Nick Floros. The 42km route includes the popular and newly established trails through the Sappi forests in the Lions River Valley from David and Dwayne Arpin of Big Wheel Cycles. Extending into Howick, the Howick MTB Club's well-maintained trail network will also be utilized.

Pitched at the regular rider, competitors will still require a reasonable level of fitness in order to enjoy the 42km race, bearing in mind that the route needs to be challenging for the top riders as well.

For those considering mountain biking or for those who have lost a little of their fitness, the 20km race is a great stepping stone to mountain biking and to getting back into the sport. The 10km is along a relatively flat route, also along a totally revamped course with a great amount of single-track included as well.

In this way, not only runners, but all athletes throughout the world have the opportunity to celebrate the life and commemorate the legacy of Nelson Rholihlahla Mandela, the father of our nation, and the world icon who led South Africa through its most difficult period in history.

Communications Manager, Mr. Lungelo Sithole said, "With a weekend filled with Mandela Day Marathon events, such as the 1st Annual Mandela Day Marathon EXPO (25th to 26th August 2016), sporting festivities (MTB, Disabled Runners Race, Triathlon & Trail Running) we expect a flood of tourists in the District of uMgungundlovu. The Mandela Day Marathon envisages greater economic benefits from the 2016 event compared to 2015. This would have major impact on the economy of Msunduzi,

Midlands Meander and Umgeni. We encourage the hospitality industry to have a sense of ownership in the month of August as the marathon will raise tourist attraction.”

The weekend of sporting festivities will kick off on Saturday, 27 August at 06h00 when the trail runners will start the 15km race followed by a shorter 7.5km sprint race. The mountain bikers will set off on a full 42km route meandering through the hills around the capture site. In the afternoon, at about 12h30, the triathlon will commence as well.

Entries for all the Road Running events are now open:

- Online at www.Mandelamarathon.co.za
- By hand delivery to the MANDELA DAY MARATHON Office, 222 Jabu Ndlovu street Pietermaritzburg;
- By post to: Mandela Day Marathon, PO Box 3235, Pietermaritzburg, 3200.

All entries close on 31 July 2016 and no late entries will be accepted.

Next Media engagement: 60 Days Countdown – 25 June 2016

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