



05 AUGUST 2023

40KM | 23KM | 10KM | 5KM

MEDIKE NATURE RESERVE

LIMPOPO

RACE ITINERARY

Friday, 04 August 2023

- 14:00 - Check-in to Accommodation
- 16:00 - Registration Opens
- 17:00 - Welcome Presentation and Race Briefing
- 18:00 - Dinner
- 20:00 - Registration Closes

Saturday, 05 August 2023

- 05:00 - Registration Opens
- 06:00 - Mountain Marathon Race Start
- 07:00 - 23km Mountain Challenge Race Start
- 07:15 - Medium Course Starts
- 07:20 - Short Course Starts
- 09:30 - Short Course Prize Giving (approximate)
- 10:30 - First Mountain Marathon Runner Expected
- 14:00 - Prize Giving (approximate)
- 16:00 - Last Mountain Marathon Runner Expected

