





**RACE DATE** 

result from my participation.

(parent or guardian if under 21 years of age)

# VAN WETTENS SKM & 10KM NITE RACE

25 January 2017

**PLEASE NOTE:** TIME 18h00 NO DOGS / NO BIKES ALLOWED **ENTRIES** From 15h00 on race day I.D.: Address: Code: Town: Tel. No.: 2017 Licence No.: **TEMPORARY LICENCES R30 FOR 10KM ONLY** Male: Female: Date of Birth: Age: Club Name: Province: Team entry  $6 \times R25 = R150$ 5km - R30 Race: 10km - R60 50 +Category: 60 +

I declare that I am an amateur and shall participate according to the rules laid down at my own risk, and that I indemnify the organisers and sponsors of this race against any claim which may

Competitor's Signature:

Date: .....









## TE RAC



DATE

: 25 JANUARY 2017 AT 18H00

**MBOMBELA STADIUM** 

START

: BAR/REFRESHMENTS ETC. AVAILABLE.

R1000 TO SCHOOL WITH MOST RUNNERS (5KM only)

PRIZES

: MEDALS TO ALL FINISHERS.

PRIZE MONEY

: 1st Open 10km **R500** 1st 50+ R200 **R200** 2nd Open R300 1st 60+ R150 3rd Open R200 Walker 1st Junior R200 **TEAM 5km R600** 1st 40+ R200 Winner 5km R300 Junior 5km R100

PRIZES FOR BEST DRESSED TEAM / BEST TEAM SPIRIT

REGISTRATION: WEDNESDAY 25/01/2017 FROM 15H00

**INDIVIDUAL & TEAMS (6 RUNNERS PER TEAM -**

5KM RACE ONLY)

· REFEREES DECISION IS FINAL

· Obey all traffic officials and race marshals.

· The race will be run according to the rules of the ASA and MRR.

· No seconding will be allowed.

Athletes for 10km must be 15 years or older on the day of the race

Proof of age (ID) to be produced upon reguest on the day of the race

· All athletes will participate at their own risk.

· Registered athletes must wear full club colours.

· 2017 license number must appear on the front and back of the vest.

· Temp license at the front of the vest.

· Remember to fill in the temporary license tear-off slip and give back to the organiser

· Age category ID tags must be worn (back and front) by athletes competing for a category prize AND must be fixed on the vest on all

- Walkers must have a fixed W on the vest to qualify for any prizes
- 12% Levy of entry fee must be paid over to Athletes Mpumalanga by race organizer.

· No I-Pods allowed during the race.

## **ORGANISED BY**

## **ENQUIRIES** MARK: 083 299 3779

Banking details for Pre-entry - Closing Date 24/01/2017

(Email proof of payment & entry form to lvccrun@gmail.com or fax 086 517 8324

Acc, Holder: Nedbank LVCC Running Club, Bank: Nedbank

Acc. No. 1121360629 Branch Code: 198675 (Nelspruit)



**PLEASE NOTE:** 

**NO DOGS** 

NO BIKES ALLOWED