



Anglo American - Eskom Power run 4 in 1

Hosted by Eskom Athletics Club Mpu & Anglo American Athletics Club

SATURDAY 20 January 2018

Entries start on race day from 5:00am - Race Starts 6:00am

START & FINISH at Matimba Sport Ground –Landau

4.9KM, 10KM, 21KM & 32KM

Entry Fee:

4.9KM	R30
10KM	R50
21KM	R80
32KM	R100
Temp Licence	R30

**Anglo American
Athletics club
celebrating 10
years in running**

Prize Money: (Proof of ID Needed to collect.)

Category	32KM	21KM	10KM
1 st Open	R600	R400	R200
2 nd Open	R400	R300	R150
3 rd Open	R300	R200	R100

40+ 50+ 60+ & 70+ (Each)

1 st	R300	R200	R150
2 nd	R250	R150	R100

1st Walker R200 R150

1st Junior R200 R150

2nd Junior R150 R100





ASA Rules apply:

- **No seconding will be allowed.**
- **No earphones, i-phones or Walkman's allowed.**
- **No dogs.**
- **Obey traffic officials and race marshals.**
- **Athletes for 10km must be 14 years or older on the day of the race.**
- **Athletes for 21km must be 16 years or older on the day of the race.**
- **Athletes for the 32km must be 19 years or older on the day of the race.**
- **Races presented according to the rules of the MRR and ASA.**
- **All athletes will participate at their own risk.**
- **Proof of age to be produced upon request on day of race and for collecting prize money.**
- **Registered athletes must wear full club colors and 2017/2018 license numbers.**
- **Age category I.D. tags must be worn (back and front) by athletes competing for a category prize.**
- **ASA License No. on the FRONT and back of the vest.**
- **Parking at own Risk .**
- **NO TOG BAG AREA.**
- **Temp License at the front on the vest. Tear of slip must be completed.**
- **Age category Tags must we warn to compete for a category prize.**
- **Walkers to have a W on their vest.**
- **12% levy of entry fee must be paid over to Athletics Mpumalanga by race organizer.**
- **I declare that I run at my own risk and indemnify the organizers, sponsors of any responsibility for injury or loss.**
- **Athletes entering for this event and use medication fall under the prohibited list and should complete a THERAPEUTIC USE EXEMPTION (TUE) form before entering the race to obtain authorization from SAIDS to take the needed medicine or method.**

Contact details of the race organizer

Paul Bester – 082 966 7767 OR Jafta Mahlangu – 072 213 9594