

20 October 2018



Sponsored by

Middelburg Mall



Start Finish



21km

Mall to Mall
Presented
by



on 20 October 2018

Finish



10km

4.9 km
10 km
21.1 km



IZIMBIWA COAL

Sponsored by

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IZIMBIWA COAL

4.9 km
10 km
21.1 km

Start

Middelburg and
District



Race Starts:

7:00 am: 21.1km from Middelburg Mall
10km from Middelburg Mall
7:30 am: 4,9km from Middelburg Mall

20 October 2018

NO MMK ATHLETE ALLOWED TO RUN ON RACE DAY

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Post Race - Sunday 21 October 2018 at 6:00

20 October 2018

<u>ENTRY FEES</u>	
4.9km	R30.00
10km	R60.00
21km	R120.00
TEMPORARY LICENCES	R30.00

Lucky Draw

Prizes for Places 1st, 2nd & 3rd places on 4.9km, 10km & 21km
Only 700 medals available on race day

Race Starts:

7:00 am: 21.1km from Middelburg Mall
10km from Middelburg Mall
7:30 am: 4,9km from Middelburg Mall

ASA RULES APPLY

I hereby indemnify the sponsors and organisers against any claims that may result from participation. I undertake to abide by all ASA and Mpumalanga Athletics rules. Referee's decision is final. Obey all traffic officials and race marshals. The race will be run according to the rule of the IAAF and ASA. No seconding will be allowed. Ages: 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. All athletes will participate at their own risk. Proof of age (ID) available in request on race day. Registered athletes must wear club colours. 2018 Licence number on front and back of vest. Walkers must have a fixed "W" on the vest to qualify for any prizes. No music or headphones of any form allowed during the race.

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