

# ALZU

## RHINO FARM RUN

**3 SEPTEMBER 2016**



**DATE**

**TIME**

**07:00**

**PLACE**

**ALZU N4 PETROPORT**

RACE STARTING TIMES	
Running: 10 & 21km	07:00
Duathlon: 10/21 Run & 15/35 Cycle	07:15
Cycling: 15 & 35km	07:30
Running: 4.9km	07:45
Duathlon: 4.9 Run & 5km Cycle	07:45
Cycling: 5km	08:00



PRESENTED BY:

**ALZU**



FOR MORE INFORMATION AND ENTRIES

Email: [admin@midmk.co.za](mailto:admin@midmk.co.za)

Cell.: 072 593 7346 Johan / Magda

Pre-Entries Online @ [www.entrytime.co.za](http://www.entrytime.co.za)

Pre-Entries close 29 August 2016

Late entries on the day from 06:00

# ENTRY FORM

Surname: \_\_\_\_\_

First Name(s): \_\_\_\_\_

ID Number: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Club: \_\_\_\_\_

Tel. No. (H): \_\_\_\_\_

Cell. No.: \_\_\_\_\_

2016 Licence No.: \_\_\_\_\_

Age: \_\_\_\_\_

(✓ Tick if applicable)

## ENTRY FEE

MALE		<b>RUNNING</b>		4.9km	R40-00
FEMALE				10km	R70-00
				21+ km	R90-00

## TEMPORARY LICENSES FOR 10 & 21km

**R25-00**

MALE		<b>CYCLING</b>		5km	R40-00
FEMALE				15km	R90-00
				35km	R110-00

## CSA LICENSES FOR 15 & 35km

**R35-00**

MALE		<b>DUATHLON</b>		4.9km	R70-00
FEMALE				10km Run & 15 Cycle	R150-00
				10km Run & 35 Cycle	R180-00
				21+ km Run & 35km Cycle	R180-00

## ASA & CSA LICENSES 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 of older on the day of the race. All athletes will participate at their own risk. Proof of age (ID) available on request on race day. Registered athletes must wear club colours. 2016 Licence number on front of vest. Race number on front of vest. Temp licence on 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.

Signature

Date

**NO T-SHIRT SALES. NO CASH PRIZES. TEMPORARY LICENSE APPLICABLE.**

**CATEGORY PRIZES - 1st Male / Female**

**PLEASE HAVE ENTRY FORM AND PROOF OF PAYMENT AVAILABLE WHEN COLLECTING RACE NUMBER**