

# NO MMK ATHLETE ALLOWED TO RUN ON RACE DAY

Post Race - Sunday 23 October at 6:00

## 22 October 2016

### ENTRY FEES

4.9km	R40-00
10km	R50.00
21km	R90.00
TEMPORARY LICENCES	R25.00
Taxi Tickets	R10.00

## Lucky Draw

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

### Race Starts:

6:00 am: 21.1km from Middelburg Mall  
10km from Mhluzi Mall

**Taxi Available between malls**

6:30 am: 4,9km from Middelburg Mall

## **ASA 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 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. 2016 Licence number on front and back of vest. Walkers must have a fixed "W" on the vest to qualify for any prices. No music or headphones of any form allowed during the race.

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