

Race organised by



### A HUGE THANKS TO OUR SPONSORS



## 28TH RACE THROUGH THE ORCHARDS







#### INCORPORATING





Run through the famous Halls Estate
past rippling rivers and through the cane
fields! Get a close up view of the new
Mbombela Stadium, see the avocado, pecan
and litchi orchards! Cross over the Crocodile
River with a possible hippo sighting!



**DATE:** 07 July 2018

TIME: 10km & 21km starts at 07h00 (Fun Run at 07h10)

Entries at venue from 16h00 to 18h00 on the 6th July 2018

and from 05h30 on the 7th July 2018 (Race Day)

**DISTANCE**: 21.1km /10km and 3km Fun Run

**ENTRY FEE:** 21km - R80, 10km - R60, 3km - R25 per entrant

R30- temporary Licenses for 10km and 21km ONLY

ONLINE ENTRIES AT: www.enteronline.co.za

**CLOSING DATE:** 04/07/2018 (For online entries)

**VENUE:** HALLS GATEWAY TO THE LOWVELD

On the Johannesburg Road (N4) 4km's from Nelspruit

**ENQUIRIES:** Karlien - 083 335 3846

#### STANDARD CATEGORY PRIZES - 21KM/10KM

Medals to all official finishers | Cash prize and fantastic spot prizes Race run according to ASA rules | Refreshments and food available

#### FOR THE NOT SO SERIOUS RUNNERS - THERE IS A FUN RUN OF 3KM'S

Business and school team prizes (Fun run ONLY)



### **PRIZES**

# 21KM RACE 10KM RACE

| 1st Senior       | R750 | 1st Senior       | R500 |
|------------------|------|------------------|------|
| 2nd Senior       | R400 | 2nd Senior       | R200 |
| 3rd Senior       | R250 | 3rd Senior       | R100 |
| 1st Junior       | R125 | 1st Junior       | R 75 |
| 1st Veteran      | R250 | 1st Veteran      | R 75 |
| 1st Master       | R150 | 1st Master       | R 75 |
| 1st Grand Master | R150 | 1st Grand Master | R 75 |
| 1st Walker       | R150 | 1st Walker       | R 75 |

| First Name   |                        |  |  |  |
|--|------------------------|--|--|--|
| Surname  |                        | Identity No  |  |  |
| Club   |                        | Date of birth  |  |  |
| Tel / Cell   | Er                     | nail   |  |  |
| 2018 ASA Licens  | e number               | Age Sex  |  |  |
| Category J*  | ]   S                  | 50+  |  |  |
| Online entries: www.enteronline.co.za before 04/07/2018  |                        |  |  |  |
| Entry  | 21,1 km – R80          | 10km – R60   3km – R25   |  |  |
| Temporary number   | er: R30 🔲   Fun run te | ams - 6 People per Team - R150   |  |  |
| BANKING DETAILS FOR PRE-ENTRY - CLOSING DATE 05/07/2018 (Email proof of payment & entry form to Ivccrun@gmail.com Acc. Holder: Nedbank LVCC Running Club, Bank: Nedbank Account No 1121360629, |                        |  |  |  |
| or any other body  |                        | organizers, sponsors, and traffic department injury or adverse effect, which the event may les of ASA. |  |  |
| Signature  |                        | Parent or Guardian if under 18 years old   |  |  |

#### REFEREES DECISION IS FINAL

- · Obev all traffic officials and race marshals.
- The race will be run according to the rules of the IAAF and ASA
- · No seconding will be allowed
- Ages: Athletes from 10km must be 14 years or older on the day of the race Athletes from 21km must be 16 years or older on the day of the race
- Proof of age (ID) to be produced upon request on the day of race.
- · All athletes will participate at their own risk.
- · Registered athletes must wear full club colours.
- 2018 License number 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 organizer.
- 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 four corners.
- 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.