



Anglo American - Eskom Power run 4 in 1

Hosted by Anglo American AC & Eskom Athletics Club Mpu

SATURDAY 19 January 2019

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

START & FINISH at Duvha Park Primary School
Mimie Rothman St, Duvha Park, Emalahleni

Entry Fee:

4.9KM	R30
10KM	R60
21KM	R80
32KM	R100
Temp Licence	R40

4.9KM, 10KM, 21KM & 32KM

**Powering into the new
year**

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 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 ASA & IAAF.
- 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 2018/2019 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