



McCarthy Volkswagen Witbank

4 in 1 – Partially off road

Hosted by Eskom Athletics Club Mpu

SATURDAY 06 April 2019

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

**START & FINISH at McCarthy Volkswagen Mandela Street opposite
Highveld Mall Witbank 4.9km, 10km, 21km & 32km**

Entry Fee:

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

Prize Money: (Proof of ID Needed to collect.)

Category	32KM	21KM	10KM
1 st Open	R700	R500	R350
2 nd Open	R500	R400	R250
3 rd Open	R400	R300	R150
40+ 50+ 60+ & 70+ (Each)			
1 st	R400	R300	R200
1 st Walker	-	R200	R150
1 st Junior	-	R250	R200
2 nd Junior	-	R200	R150





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 & AMPU House rules**
- **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 2019 license numbers**
- **Age category ID. tags must be worn according to ASA rule 22.9.1 (back and front)& it must be clearly displayed for the duration of the event by athletes competing for a category prize and not be covered with rain jackets, hydration pack etc.**
- **Age category Tags must be worn to compete for a category prize.**
- **ASA License No. on the FRONT and back of the vest. Race number should not cover the ASA LOGO**
- **Parking at own Risk .**
- **NO TOG BAG AREA.**
- **Temp License at the front on the vest. Tear of slip must be completed.**
- **Walkers to have a W on their vest and only qualify for a walker prize.**
- **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.**
- **Category winners must be present at the prize giving ceremony or make prior arrangements to collect the award, failing to do so the athlete will forfeit his/her prize money.**

Contact details of the race organizer

Paul Bester – 082 966 7767 OR Elsabe Naude – 073 075 5202