



Race organised by



**07 SEPT
2019** 5KM
10KM
21.1KM

Mopani Pharmacy is excited to introduce the **MOPANI COMMUNITY FUND** - a way for us to support and give back to the community in a consistent and sustainable way. This non-profit organisation will strive to help other non-profit organisations serving the community, as well as individuals in need of support.

**LET'S TAKE
ACTION
TOGETHER!**

LEARN MORE HERE:
WWW.MOPANI.CO.ZA

**MOPANI
COMMUNITY FUND**



FOLLOW THE ACTION:
@mopanilifestyleseries
(013) 755 5500
events@mopani.co.za

HOW CAN YOU HELP US?

Simply take part in any (or all!) of the MOPANI LIFESTYLE SERIES EVENTS. Proceeds of these events will be channeled towards the Mopani Community Fund - and by extension - *back to you, our community.*



**MOPANI
Lifestyle
SERIES**

Start and Finish

at I'Langa Mall Nelspruit,
The route is out and back
on the Kaapsehoop road.



- 21KM
- 10KM
- 5KM

DATE: 07 September 2019
TIME: 21km starts at 06h30, 10km at 07h00 (Fun Run at 07h15)
ENTRIES: Entries at venue from 16h00 to 18h00 on the 6th September 2019
 and from 05h30 on the 7th September 2019 (Race Day)
DISTANCE: 21.1km / 10km and 5km Fun Run
ENTRY FEE: 21km - R100, 10km - R70, 5km - R30 per entrant
 R40- temporary licenses for 10km and 21km ONLY
ONLINE ENTRIES AT: www.mopani.co.za
CLOSING DATE: 4th September 2019
VENUE: I'Langa Mall
 Nelspruit
ENQUIRIES: Mopani - 013 755 5500

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 5KM FUN RUN

Business and School team prizes (Fun run ONLY)

PRIZE MONEY

21KM RACE 10KM RACE

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

First Name _____

Surname _____ Identity No _____

Address _____

Club _____ Date of Birth

Tel / Cell _____ Email _____

2019 ASA License number _____ Age _____ Gender _____

Categorie J* ☐ | S ☐ | 40+ ☐ | 50+ ☐ | 60+ ☐ | W ☐

Online Entries: www.mopani.co.za before 04 September 2019

Entry 21.1km R100 ☐ | 10km R70 ☐ | 5km R30 ☐

Temporary number: R40 | Fun Run teams - 6 People per Team R210

BANKING DETAILS FOR PRE-ENTRY (CLOSING DATE 4TH SEPTEMBER 2019)

Email proof of payment & entry form to lvccrun@gmail.com or fax 086 517 8324

Acc. Holder: Nedbank LVCC Running Club, Bank: Netbank Account No 1121360629

INDEMNITY

I take part at my own risk and I do not hold the organisers, sponsors, and traffic department or any other body or person responsible for any injury or adverse effect, which the event may have on me.

The race is run according to the rules of ASA.

Signature _____

Parent or Guardian if under 18 years old _____

Athletics Mpumalanga House Rules:

- **REFEREES DECISION IS FINAL.**
- Obey all traffic officials and race marshals.
- **Please note the cut off time for the 21km is 3 hours.**
- 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 (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.
- 2019 License number on the front and back of the vest.
- Temp license number on the front and back 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 Athletics Mpumalanga by race organizer.
- No earphones allowed during the race.