

EHLANZENI SPORTS TOURISM DAY



**COMING TOGETHER IS THE BEGINNING.
WALKING TOGETHER IS PROGRESS.
RUNNING TOGETHER IS SUCCESS.
WORKING TOGETHER IS THE ULTIMATE GOAL.**

FUN RUN (WALK) / 10km / 21.1km

Ehlanzeni is hosting the 9th annual "Ehlanzeni Sports Tourism Day". The event will comprise of series road races as well as an assortment of exhibitions that will ensure maximum participation of communities in the **Tourism** and **Sports** industries.

Team Entries Welcome!!

on the 4km Fun run/Walk

19 OCTOBER 2019

TIME: 06:30

ENTRIES: Entries at venue. From 16:00 to 18:00 On friday 18 October 2019
And from 05h00 on Race Day (19 October 2019)

DISTANCE: 21.1km / 10km / 4km Fun run (walk)

ENTRY FEE: R80 (21.1km) / R70 (10km) / R30 (Fun run) **R40** Temporary number (21km & 10km only)

VENUE: MBOMBELA STADIUM (4km's from Nelspruit on the N4 highway towards Johannesburg)

BANKING DETAILS FOR PRE-ENTRY - CLOSING DATE 16 OCTOBER 2019

E-mail proof of payment & entry form to lvccrun@gmail.com or fax 086 517 8324
Acc Holder: Nedbank LVCC Running Club, Nedbank, Acc No: 1121360629

21 KM

CATEGORY	PRIZE
1 st Open Category	R7 500.00
2 nd Open Category	R4 000.00
3 rd Open Category	R2 000.00
1 st Junior	R1 500.00
2 nd Junior	R750.00
3 rd Junior	R400.00
1 st 40+ Category	R1 500.00
1 st 50+ Category	R1000.00
1 st 60+ Category	R1000.00

1st Walker R 1000.00

10 KM

CATEGORY	PRIZE
1 st Open Category	R3 500.00
2 nd Open Category	R2 000.00
3 rd Open Category	R1 500.00
1 st Junior	R1 000.00
2 nd Junior	R500.00
3 rd Junior	R200.00
1 st 40+ Category	R1 000.00
1 st 50+ Category	R700.00
1 st 60+ Category	R700.00

1st Walker R700.00

Fun Run vouchers and spot prizes to be won

Medals to all official finishers

ENQUIRIES: Moses Ntandane 076 617 7180 / Beth Bloch 082 801 3600

EHLANZENI SPORTS TOURISM DAY



Surname:

First Name:

Address:

Identity No:

Club:

Tel/Cell:

Email:

2019 License No: Age: Sex:

Team entries welcome: 6 members per team (only 4km fun run/Walk)

Category:

J*	S	40+	50+	60+	70+	W
* Date of birth		Team Entry R180		4km	No Licence required	
21.1km - R80		10km - R70		4km - R30		No Licence required

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 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.

Enjoy your day!