

Ladies Race

#SupportHealthyLifestyle

10km | 5km Fun Run



A drop box for you to donate tekkies will be available at the starting point.

Entry Fees:

10km R60 | 5km R40 | Temp License R 40

Medals for the first 500 finishers

Start & Finish:
St Peters Mbombela

Late Entries:
Race day from 6am

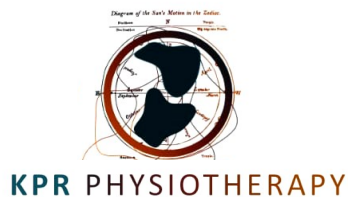


MRS MPUMALANGA
SASSY ♦ SENSUAL ♦ SMART

	1st Senior	2nd Senior	3rd Senior	40+	50+	60+	1st Walker	1st Junior
Male	R1000	R650	R350	R250	R150	R150	R150	R300
Female	R1000	R650	R350	R250	R150	R150	R150	R300

12 October 2019 @ 7am

First 200 10km entries receive a Goody Bag!



Enter online: www.mobitickets.co.za | Email: morongwa81@webmail.co.za
Race Organiser: Morongwa Dlamini | 083 753 8010 | 083 273 3006



ENTRY FORM LADIES RACE 2019

5KM 10KM					
Name			Surname		
Identity Number			Passport		
Date of Birth			2019 Licence No		
Address			Country		
Age			Gender		
Province			Club		
Email					
Cell Phone					
Runner (mark applicable with x) (mark applicable with x) Walker					
Emergency contact name			Emergency contact cell no		
Category					
J	S	40	50	60	70
Your T-Shirt Size? Only first 5000 (10km not applicable)					
XS	S	M	L	XL	XXL

ENTRY FEE	AMOUNT
5KM R40.00	
10KM R60.00	
Temp License R40.00	
TOTAL	

INDEMNITY / WAIVER

By entering this event I undertake to be bound by the ASA & Athletics Mpumalanga house rules and regulations. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

MINOR RELEASE: and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

ASA Rules: Obey all Traffic Officials and Race Marshals. ASA and Athletics Mpumalanga House rules apply. No seconding will be allowed as there are sufficient refreshment stations on the route.

Ages: Athletes for 10km must be 14 years or older on the day of the race.

Proof of age (ID) to be produced upon request on day of race. All athletes will participate at their own risk. Registered athletes must wear full club colours. 2019 license numbers on the front and back of the vest. Athletes who are not licensed members of a club must purchase a temporary license and pin it to the front on the vest. Remember to complete the Temporary license tear off slip immediately and hand it back to the organizer. Race number not to cover the ASA Logo.

Age category ID tags must be worn (back and front) by athletes competing for a category prize AND must be fixed on the vest (all 4 corners). Walkers must have a fixed "W" on the vest to qualify for a walker prize. Athletes may be requested to provide proof of age on race day.

12% levy of entry fee must be paid over to Athletics Mpumalanga by race organizer.

The wearing of earphones or headsets are not permitted due to safety reasons and will lead to disqualification. Race Venue is an alcohol free zone.

Registered athletes are covered by a group personal insurance scheme. Temporary licensed athlete have no cover and are urged to join an affiliated club.

Refuse bins will be provided along the route. Please discard used water sachets into or near the bins. Littering may lead to disqualification. Please do not discard used water sachets beyond designated points.

Cut-off 9:30 | Price giving 9:h00

Printed name & Signature: (Parent/Guardian if under 18)

Special Medical Conditions or Allergies:
