



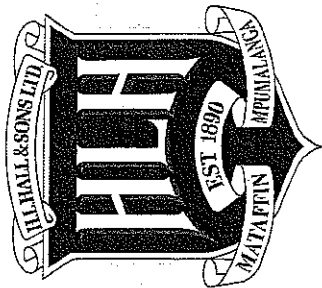
Race organised by



NEDBANK
Running club
LVCC Nelspruit



Race 21km / 10km



Enjoy a fantastic outdoor experience

Run through the famous Halls Estate past herds of Jersey cattle and through the cane fields! See the Avocado, Pecan and Litchi orchards! Cross over the Crocodile River with a possible hippo sighting!

31st July 2010

Time: 10km & 21km Starts at 07h30 (Fun Run at 07h33)
Entries: Entries at venue from 17h00 to 18h00 on the 30th July and from 06h30 on the 31st July 2010 (Race Day)
Distance: 21.1km / 10km and 3km Fun Run
Entry Fee: R40 / R25 per entrant
Online Entries at: www.sa-active.co.za and www.enteronline.co.za
Closing Date: 27/07/2010 (For online entries)
Venue: R20 - Temporary Licences for 10km and 21km ONLY
HALLS GATEWAY TO THE LOWVELD
on the Johannesburg Road (N4) 4km's from Nelspruit

STANDARD CATEGORY PRIZES - 21KM / 10KM
Medals to all official finishers
Cash Prizes and fantastic spot prizes
Race run according to ASA rules
Refreshments and food available
Business and School Team Prizes (Fun Run ONLY)

FOR THE NOT SO SERIOUS RUNNERS
THERE IS A FUN RUN OF 3KM'S
Entry Fee is R15 with various prizes

ENQUIRIES: MARK GREEFF - 083 299 3779



BARBERTON OFFICE
9 vander Byl Street
P.O. Box 266 Barberton, 1300.
Tel: (013) 712 2723, 712 3437
Tel: 087 940 1550/1551
Fax: (013) 712 5903
E-mail: admin@barprint.co.za



21km / 10km

ENTRY FORM

Surname:
First Name:
Address:
Identity No.:
Club:

Tel / Cell: E-mail:

2010 Licence No.: Age: Sex:

J*	S	40+	50+	60+	W
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*Date of birth: ON-LINE ENTRIES: sa-active.co.za or enteronline.co.za before 27/07/2010

21.1km - R40 10km - R25 3km - R15

Temporary number: R20 Fun Run Teams 6 People per Team R90

Banking details for Pre-entry - CLOSING DATE 27/07/2010 (Fax proof of payment & entry form to 086 650 9264) Acc. Holder: Nedbank LVCC Running Club, Bank: Nedbank Account No.: 1468128027, Branch Code: 146805 (Nelspruit)

I take part at my own risk and I do not hold the organisers, sponsors, 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.

Ek neem op my eie risiko aan die wedloop deel en hou die organisateurs, borge, verkeersowerhede of enige ander liggaam of persoon geen aanspreeklikheid vir enige besering of nadelige uitwerking wat die wedloop op my mag hê nie.

Signature / Handtekening
Parent or Guardian of under 18 years old

Over of Voog indien onder 18 jaar oud.
Participating athletes must be 16 years and older for the 21km race and 15 years and older for the 10km race.
Deelnemende atletes moet 16 jaar en ouer wees vir die 21km wedren en 15 jaar en ouer wees vir die 10km wedren

Enjoy your day • Geniet u dag

FUTURE RACE

Nedbank "Om Die Dammetjie" 10km and 21km

on the 11th September 2010.

POWERADE.

