



TZANEEN MARATHON CLUB
PRESENTS

THE
 **Tzaneen Auto** 
OM DIE DAM
4 in 1

SATURDAY 10 APRIL 2010 - 06:00

JETTY 3, TZANEEN

GPS: S 23 48 46; E 30 08 45

www.tzaneenmarathonclub.co.za

Sponsors:



ENTRY FORM

TZANEEN AUTO OM DIE DAM 4 IN 1 **Saturday 10 April 2010**

Payment Details: Tzaneen Marathon Club
FNB
Branch: 260349
Account No: 53960033827

Fax the form and deposit to: 086 618 2221
Closing date for fax entries: Friday 2 April
Late entries: Friday 9 April 17h00-18h00 at Start
Saturday 10 April 05h00-06h00 at Start

Surname:
First Name:
ID Number:
Address:

Club:
Tel No:
Cell No:
Email:

2010 Licence No:
Category: Age: Sex:

(Tick) J S 40 50 60 T-Shirt sizes: S M L XL XXL
(Tick)

Note: Only the first 50 entries for the 42.2km receive T-shirts.

Entry Fee	(Tick)
5km: R20	<input type="checkbox"/>
10km: R30	<input type="checkbox"/>
21.1km: R40	<input type="checkbox"/>
42.2km: R60	<input type="checkbox"/>
Temporary number: R25	<input type="checkbox"/>
Total amount payable: R	
<i>Free entry for Grand Masters</i>	

Signature:

Signature:
(Parent or Guardian if under 18 years old)

I hereby indemnify the Sponsors and Organisers against any claim that may result from my participation
I undertake to abide by all ASA and the LIMA Athletics Rules

GENERAL INFORMATION

Route Description:

This is a very scenic route around the Tzaneen dam which crosses the dam three times. The route runs through plantations and tropical vegetation with beautiful views of the Tzaneen Dam, waterfalls and the surrounding mountains.

Races:

The Tzaneen Auto Om Die Dam 4 in 1 consists of a 5km fun run, 10km, 21.1km and a 42.2km around the Tzaneen Dam (cut off time 6 hrs). Walkers and wheelchair athletes are welcome for the 5km, 10km and half marathon. All races start and finish at Jetty 3 (GPS co-ordinates S 23 48 46 and E 30 08 45) next to the Tzaneen Dam in Aqua Avenue where secured parking is available.

Entry details:

- See entry details on the last page or on www.tzaneenmarathonclub.co.za.
- Please note that fax entries will be accepted until Friday 2 April 2010.
- Late entries will be done on Friday 9 april 2010 between 17h00-18h00 at Jetty 3 as well as Saturday 10 april 2010 from 05h00-06h00 at Jetty 3.
- The first 50 entrants for the 42.2km will receive T-shirts.

General:

- Distance boards will be displayed at 1km intervals.
- Water points will be provided at 3km intervals.
- Toilets are available at the start/finish
- Food and refreshments will be available at the start/finish.



Accommodation:

Please visit www.tzaneeninfo.com for accommodation needs.

RULES

- Races are run under the rules of ASA, IAAF and LIMA
- Registered runners must be members of a club affiliated with ASA
- Proof of identity may be required
- Running in club colours is optional and not compulsory
- Category tags must be displayed on front and back of vests
- Official and temporary licence numbers must be displayed on back of vest
- No licence required for 5km fun run/walk
- No seconding allowed
- No vehicles except permit holders / traffic authorities allowed on route during the race
- Failure to obey rules, regulations, marshals, traffic officers, may result in disqualification

PRIZES

- All category winners receive Gold Medals
- All second and third each categories receive silver medals
- All athletes who complete the respective races within the cut-off times receive bronze medals
- All athletes who complete the respective races within the cut-off times receive goody bags
 - The first 50 entrants for the 42.2km receive T-shirts
 - Cash prizes are as follows:

Tzaneen Auto Om Die Dam 4 in 1 Prize Money							
Race	10km		21km		42km		Total
Category	Female	Male	Female	Male	Female	Male	Total
First Open	R100	R100	R200	R200	R400	R400	R1400
First 40 - 49	R100	R100	R200	R200	R400	R400	R1400
First 50 - 59	R100	R100	R200	R200	R400	R400	R1400
First 60 - 69	R100	R100	R200	R200	R400	R400	R1400
First Junior	R50	R50	R100	R100	R200	R200	R700
Total	R450	R450	R900	R900	R1800	R1800	R6300

Discover our tropical paradise!!!



Enquiries

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