

General Information

1. Distance: 21.1 Km & 10 Km
2. Date: 04 August 2018
3. Registration Starts 06H00 @ Mmabana Stadium only
4. Start: Mmabana Stadium
5. Finish: Black Mountain Hotel
6. Starting Times: **08h00** = 21.1 Km & **08h15** = 10 Km
- Cut -off 3 Hours
7. Minimum Ages 21.1 Km 16 years
10 Km 14 years
- Entry Fees: 21.1 Km – R 100. 00
10 Km – R 70. 00

8.1 Pre Entries

Bank Account:

Name: Fast Legs Athletic Club
Nedbank
Account no: 2008300846
Branch code: 162734

NB: Reference: Your Name & Surname **Free Transport**

8.2 Closing Date: 30/07/2018

8.3 **Late entries:** R 120. 00 21.1 Km
R 90. 00 10 Km

9. Temporary: **Not insured** R 50. 00

10. Prize giving: 11H 15
11. Distance markers every kilometre.
12. Water points every 3 km
13. Toilets available.
14. E M S assistance on side



NEDBANK FAST LEGS RUNNING CLUB



Present:

I B L Sun to Sun Half Marathon

21.1 Km & 10 Km

04 August 2018

Enquiries:

Pretty Booysen @ 082 9459 051 (Event Manager)
Kantoor Nkoane @ 079 8731 706 (Technical Manager)
Monnapule Ramabusa @ 076 6968 007 (Safety Officer)
Fax: 086 6126 066
Email: fastlegsrn74@gmail.com

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Rules

1. Race run accordingly to the Rules and Regulations of AFS, ASA and IAAF.
2. Registered athletes must wear the 2018 license on front and back of the vest.
3. No seconding will be allowed on the route, except at the water point demarcation without interfering with the organisers, officials and volunteers.
4. Age tags must be worn on front and back of the vest.
5. All Officials must be obeyed at all times and Traffic Officers.
6. All International athletes must be able to produce a letter from respective federation permitting them to partake in the race in South Africa.
7. No athlete is allowed to run with a pram, blades, animals, cyclist, wheelchairs or mechanically operated devices, only earphones, hearing aid for deaf will be permitted.
8. Temporary number is not insured and is applicable for both race 10 km & 21.1 km.
9. Only South African citizens and people with permanent residence permits are eligible for team prizes.

Entry Form

Surname: _____ Name: _____

Address: _____

Date of birth: _____

Race: 10 Km 21.1 Km

Category: _____ Club: _____

License no: _____ Cell: _____

ID Numbers: _____ Gender: _____

I declare that I am a bona fide athlete and confirm that all above-mentioned information provided on this entry form is true and correct, I shall participate in this race at my own risk and that I shall exonerate the club, race organisers, the sponsors, provincial and national bodies of this race from all liability in the event which may arise from my participation.

Signature: _____ Date: _____

COMPETITOR (In accordance with the rule of AFS, ASA & IAAF)

PARENT/GUARDIAN SIGNATURE if under 18 years

Emergency no: _____

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Men 21.1 Km		Ladies 21.1 Km	
Position	Money	Position	Money
Seniors		Seniors	
1 st Gold	R 2000.00	1 st Gold	R 2 000.00
2 nd Gold	R 1500.00	2 nd Gold	R 1500.00
3 rd Gold	R 1 000.00	3 rd Gold	R 1 000.00
4 th Gold	R 750.00	4 th Gold	R 750.00
5 th Gold	R 600.00	5 th Gold	R 600.00
Juniors		Juniors	
1 st Gold	R 400.00	1 st Gold	R 400.00
2 nd Silver	R 300.00	2 nd Silver	R 300.00
40 – 49		40 – 49	
1 st Gold	R 300.00	1 st Gold	R 300.00
2 nd Silver	R 200.00	2 nd Silver	R 200.00
50 – 59		50 – 59	
1 st Gold	R 250.00	1 st Gold	R 250.00
2 nd Silver	R 200.00	2 nd Silver	R 200.00
60 +		60 +	
1 st Gold	R 200.00	1 st Gold	R 200.00
2 nd Silver	R 150.00	2 nd Silver	R 150.00
1 st Team Prize	R 200.00 X 4 Men	70 Min (M) 100 Min (F)	R 200.00 Female X 3

Men 10 Km		Ladies 10 Km	
Seniors		Seniors	
1 st Gold	R 500.00	1 st Gold	R 500.00
2 nd Silver	R 300.00	2 nd Silver	R 300.00
3 rd Bronze	R 200.00	3 rd Bronze	R 200.00
Juniors		Juniors	
1 st Gold	R 200.00	1 st Gold	R 200.00
2 nd Silver	R 100.00	2 nd Silver	R 100.00
40 – 49		40 – 49	
1 st Gold	R 200.00	1 st Gold	R 200.00
50 – 59		50 – 59	
1 st Gold	R 150.00	1 st Gold	R 150.00
60 +		60 +	
1 st Gold	R 150.00	1 st Gold	R 150.00
1 st Team Prize	R 50.00 X 4 Men	35 Min (M) 45 Min (F)	R 50.00 X 3

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