

HIGHVELD 4-in-1 MARATHON

presented by
Ermelo Athletic Club

For info contact: Melody du Toit 082 926 6200
Manie du Toit 082 920 5507

VENUE: Body Strong Fitness Gym, Ermelo cnr of President CR Swart and De Bruin str

TIME: 07h00

DATE: 6 April 2024

ENTRY NINJA ONLINE CLOSE: 29 March 2024 (Online questions: Andries 0662053685)

ENTRY FEES: 42km R250 / 21km R170 / 10km R100 / 4.9km R40

R20 for late entries on the day 42, 21, 10 kms

Funrun entries only on the day allowed.

LATE ENTRIES: From 5:30 strictly to 6:30

TEMP LICENCE: R40

2024

• REFEREES' DECISION IS FINAL.

- Obey all Traffic Officials and Race Marshals.
- The race will be run according to the rules of ASA, WORLD ATHLETIC (WA) & AMPU House rules.
- Ages: For 10km must be 14 years; 21.1km must be 16 and for 42.2km must be 20.
- Proof of age (ID) to be produced upon request on day of race.
- All athletes participate at their own risk and by entering the event they acknowledge that they are medically fit to participate.
- Registered athletes must wear full club colours.
- 2024 license numbers on the front and back of the vest.
- Temporary license must be fixed on the back of the vest.
- Age category ID tags must be clearly displayed for the duration of the event (back and front) by athletes competing for a category price AND must be fixed on all 4 corners and not be covered by rain jacket or any shirt.
- ASA license numbers must not be covered with any paper race number / race bib.
- No littering, please make use of waste boxes on route - RUN CLEAN.
- All participants must take note that photographs might be taken at the event and placed on social media.
- No earphones, iPods and similar devices are allowed and will lead to disqualification.
- Water points at every 3km on the route.
- No seconding will be allowed.
- No animals or cyclist will be allowed to participate.
- The event organizers do not accept any responsibility for injuries, theft or loss before, during or after the event.
- Referee's decisions is final.

Price money for men and ladies

PLACES	OPEN		40+			50+			JNR		
	10km	21.1km	42km	10km	21.1km	42km	10km	21.1km	42km	10km	21.1km
1	300	500	800	100	250	250	100	250	250	200	200
2	200	300	400	-	-	-	-	-	-	-	-
3	100	200	300	-	-	-	-	-	-	-	-

