

COST

There will be a R80 charge to contribute towards refreshments

RULES

1. This Training Marathon is run under the rules of the IAAF, ASA and KZNA and all entrants must abide by these rules
2. The minimum age limit of an entrant is 20 years
3. Nineteen fully stocked refreshment tables will be provided
4. Officials and traffic officers must be obeyed.
5. All entrants participate at their own risk. Organisers and sponsors will not be held responsible for any loss or injury during or as a result of the Training Marathon, property lost or damaged on the course or in the changing area
6. Cut-off time: 7 hours



CONTACT PERSON

Thuso Mosiea
083 395 0547



KZN
ATHLETICS



sport and recreation
Department:
Sport and Recreation
PROVINCE OF KWAZULU-NATAL

2019 BONGMUSA MTHEMBU TRAINING MARATHON

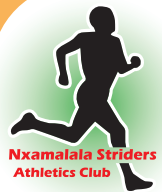
BULWER TO IMPENDLE

22 DECEMBER 2019

@ 06:00

ENTRIES

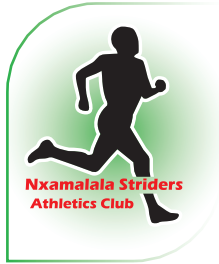
1. For entries please contact **Thuso Mosiea on 083 395 0547**
2. Entries will also be taken on the morning of the Training Marathon between 05h00 and 05h30
3. The Training Marathon will start outside the **Bulwer Library** at 06h00 and finish at the **Impendle Sportsfield**.
4. Cut-off at 13h00



"Building Future Champions - Sakha Izingqwele Zakusasa"

2019

BONGMUSA MTHEMBU TRAINING MARATHON



ENTRY FORM

22 DECEMBER 2019



Personal Details

Surname: _____

First Name: _____

Email Address: _____

Cell Number: _____

Landline Telephone: _____

City: _____

Postal Code: _____

Country of Residence: _____

Non RSA Citizen: _____

RSA ID Passport Number: _____

Date of Birth: _____

Age: _____ Gender: _____

Do you have a Medical Aid? YES NO (Please tick relevant box)

If yes, name of your Medical Aid? _____

Entry Fee | R80.00

Indemnity

I am medically fit to run/walk and fully understand that I enter at my own risk and that the organisers, their partners and sponsors will not be held responsible for any loss or injury during or as a result of the event, or for any loss or damage to property on the course or at the venue. This event is run in accordance with the rules of the IAAF, Athletics South Africa and KwaZulu-Natal Athletics, as the case may be. All foreign athletes must comply with IAAF rule number 4 paragraph 2 and rule 142 and ASA Rule 9.

Signature: _____ Date: _____

Banking Details

Madampana Pty Ltd
First National Bank, Bryanston 795
Account Number: 62824538477
Branch Code: 250017



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