

IFATERLEGIA RUNING RACE

APRIL 30, 2022

4,9KM = R60 ENTRY 15KM = R110 ENTRY

TEMPORARY LICENSE (UNLICENSED ATHLETES) = R40

15KM MALE & FEMALE PRIZES:

1ST - R1000

2ND - R530

3RD - R270

LOCATION: EMALAHLENI NATURE RESERVE

· www.slipstreamclub.net

SLIPSTREAM RUNNING RACE

APRIL 30, 2022

05H30 ENTRIES START | 07H00 RACE STARTS

ENJOY A GREAT CUP OF COFFEE BEFORE THE RACE STARTS

ASA Rules apply:

- Please note: this is a TRAIL RACE
- · No seconding will be allowed
- No earphones or Walkman's allowed
- No dogs
- · Obey race marshals
- · Athletes for 15km must be 14 years or older on the day of the race
- Races presented according to the rules of ASA &WA
- All athletes will participate at their own risk
- ASA 2022 License No. on the FRONT and back of the vest
- Parking at own risk
- NO TOG BAG AREA
- Temp License at the front on the vest. Tear off slip must be completed
- · Race No. should not cover the valid ASA license logo
- I declare that I run at my own risk and indemnify the organisers, sponsors of any responsibilities for injury or loss.
- Prize money for male and female athletes are separate.
- Category winners must be present at the prize giving ceremony or make prior arrangements to collect the award, failing to do so the athlete will forfeit his/her prize money
- Cut-off time: 03h30

Contact Details:

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ALL COVID-19 REGULATIONS WILL APPLY





