

Mogalakwena Heritage Run series

Join in!

On Saturday, 30 September 2023, Mogalakwena Complex is hosting a race in honour of Heritage Month. Lace up your running shoes and choose from the exciting options: 5km, 10km (Provincial Championships Race), or 21km.



Venue

Mogalakwena Complex parking
(Next to Nylpark Sentrum in Mokopane)



How to register and collect

You can register online from
01 September to 27 September 2023.
Just visit www.entryninja.com.

Manual registration and collection:

Secure your spot by registering at Nylpark Sentrum during the following times:

- 28 September: 15:00-18:00
- 29 September: 15:00-19:00
- 30 September (Collection ONLY): 04:30-05:45



Race categories and entry fees

5km:	R60
10km (Provincial Championships Race):	R120
21km:	R180
Temporary license (for unlicensed athletes running 10km and 21km):	R40



For more information, please contact
Sammy Senwamadi on
083 482 7183/072 975 3469
or **Lebogang Langa** on
073 589 5901.

More than R24,000 cash prizes and more to be won!



EST. 2001
Folang Mokerong



LIMA



Mogalakwena Heritage Run series

Join in!

On Saturday, 30 September 2023, Mogalakwena Complex is hosting a race in honour of Heritage Month. Lace up your running shoes and choose from the exciting options: 5km, 10km (Provincial Championships Race), or 21km.



**More than
R24,000
cash prizes
and more
to be won!**

Prize money breakdown

21.1kms

Male and Female	Open	Junior	40+	50+	60+	70+	Walk
First place	R2000	R300	R350	R300	R300	R300	R300
Second place	R1500		R300				
Third place	R1000						
Fourth place	R800						
Fifth place	R400						

10kms

Male and Female	Open	Junior	40+	50+	60+	70+	Walk
First place	R1000	R200	R250	R200	R200	R200	R200
Second place	R750		R200				
Third place	R500						
Fourth place	R400						
Fifth place	R200						

For more information, please contact
Sammy Senwamadi on
083 482 7183/072 975 3469
or **Lebogang Langa** on
073 589 5901.



EST. 2001
Folang Mokerong



LIMA



Mogalakwena Heritage Run series

**30 September 2023**

Race rules

1. The race will be conducted in accordance with the regulations set by the World Athletics, ASA and LIMA.
2. Age restrictions:
 - 5km: Minimum age of 9 years
 - 10km (Provincial Championships Race): Minimum age of 15 years
 - 21.1km: Minimum age of 16 years
3. All licensed participants are required to display a valid 2023 permanent license number on the front and back of their upper body clothing.
4. Unlicensed athletes must wear a valid 2023 temporary license number on the front of their upper body clothing. In the case of special race numbers, these numbers should be worn on the front, and the temporary license number should be moved to the back.
5. Athletes competing for age category prizes must wear a numerical age category tag that is clearly visible on both the front and back of their upper body clothing.
6. Junior athletes are required to display a "J" on their attire. Proof of age (ID or passport) may be requested.
7. Prizes for fun runs will be awarded by random lucky draw.
8. You'll need to provide your banking information since all prize money will be transferred electronically (EFT) within 10 business days.
9. All participants indemnify the race organisers and officials, the sponsors, and the national and provincial athletics associations against any claims of any nature that may arise from participation in the competition. Participation is at the athlete's own risk.
10. Strollers are allowed to participate in the 5km fun walk.
11. Animals are not permitted on the race route.
12. The use of i-Pods, headphones, or portable radios is prohibited.
13. Athletes have the right to appeal against the results in writing within 30 minutes of the official announcement. A deposit of R500 must accompany such appeals, payable to the event manager. This deposit may be forfeited if the appeal is unsuccessful.

Your safety and fair competition are our priorities.

Thank you for obeying these rules and helping to ensure a successful and enjoyable race for everyone.



Mogalakwena Heritage Run series



Date

30 September 2023



Race categories and entry fees

EST. 2001
Folang Mokerong

LIMA

**5km:**

R60

10km (Provincial Championships Race):

R120

21km:

R180

Temporary license (for unlicensed athletes running 10km and 21km):

R40



Participant details:

Name and surname: _____

Tel: _____

Identity number: _____

Date of birth: _____

Gender: Male ☐ Female ☐

2023 License no/Temporary license no: _____

Club: _____

Province: _____

Race distance:

5km ☐ 10km (Provincial Championships Race) ☐ 21.1km ☐

Category:

Walker ☐ JNR ☐ 20-39 ☐ 40-49 ☐ 50-59 ☐ 60-69 ☐ 70+ ☐

Declaration:

I declare that I am an amateur athlete. I hereby indemnify the sponsors, the organisers and officials, the club, Athletics South Africa (ASA), as well as Limpopo Athletics against any claim that may result from my participation in the event. I undertake to abide by the race regulations and rules of the International Association of Athletics Federations (IAAF) and ASA. I declare that the information supplied on this entry form is correct.

Participant's signature: _____

Guardian's signature (If under 21): _____

Date: _____

By signing this form, you confirm your understanding and acceptance of the terms and conditions outlined overleaf.