## TAKE HEART HALF A TAKE A TAK



10KM & 4.9KM FUN WALK/RUN

21 OCT 2023

**START & FINISH: SECUNDA MALL** 

MEDALS TO ALL FINISHERS

10KM 21KM

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CATEGORY	POSITION	PRIZES	PRIZES
Open	1	R 500	R 1000
	2	R 400	R 800
	3	R 350	R 600
Junior	1	R 350	R 500
	2	R 200	R 300
40+		R 350	R 600
	2	R 250	R 500
50+		R 250	R 500
	2	R 200	R 400
60+		R 200	R 350
70+		R 200	R 300
W	-	R 150	R 250

T-SHIRTS TO IST HUNDRED 10KM OR 21KM PRE ENTRIES

**CLOSING DATE FOR ONLINE ENTRIES IS 17 OCT 2023** 



secundalla.





10KM & 4.9KM FUN WALK/RUN

21 OCT 2023

**START & FINISH: SECUNDA MALL** 



START: TUKM & ZIKM AT BAM   FUN WALK/RU	NAI /AM   PRIZE GIVING: 9AM   CUT OFF: IUAM			
First Name	Initials			
Surname	Age			
ID Number	Gender M F			
Club - in full	Province			
Contact No	License No			
Email	T-Shirt Size (10km & 21km only)			
CATEGORY - TICK THE APPROPRIATE BOX				
Jnr Open 40+ 50+	60+ 70+ W			
INDEMNITY I indemnify any of the national, provincial, regional and local bodies, sponsors and organisers of the race against any claims/actions of whatsoever nature that might be arising out of my participation in the race.				
Competitor's Signature Parent/Guardian (if under 18yrs)				
RACE ENTERED - TICK THE APPROPRIATE BOX				
4.9km Fun Walk/Run   R50 10km   R100	21km   R180 Temp License   R50			
Bank Deposit: I have paid the money due into the Sasol Marathon Club bank account.  ABSA Account Number 1510272311 and attached a copy of the deposit slip with this entry form.  (Reference: Initials & Surname) Email proof of payment to admin@sasolmarathonclub.co.za.  Entries will be processed once confirmation of payment has been received.				

## **CLOSING DATE FOR ONLINE ENTRIES IS 17 OCT 2023**

## **LATE ENTRIES & ENTRY COLLECTION**

Fri, 20 OCT 2023 | 15:00 - 19:00 | Secunda Mall Food Court Sat, 21 OCT 2023 (RACE DAY) | 04:00 - 05:55 | Secunda Mall Basement Kuschke street

## **TERMS & CONDITIONS**

All participants must wear a valid 2023 licence on the back and front. Unlicensed runners must buy a temporary licence to be worn on the front. Race will take place under the rules of ASA, AMPU and WA. All participants to wear club colours or plain running gear if participating with a temporary license. International/foreign athletes must provide a clearance letter from their Sport Federation to the chief referee prior to the start of the event (WA Rule 4). Obey all traffic officials and marshals. Official age category tags to be worn on front and back. Positive identification required for all category winners. Minimum age for 21.1km -16 years,10km-14 years. Referees' decisions are final. No earphones allowed during the race and could lead to disqualification. No pets allowed. Regrettably, no wheelchairs or prams allowed on the 10km & 21km – course unsuitable. No blades, cyclists or mechanically operated devices allowed in the race. No littering allowed; use waste recycling bins provided. Medical support will be available on race day. No refunds for any reason will be given, including race cancellation due to inclement weather. NO CHILDREN WILL BE ALLOWED WITHOUT ADULT SUPERVISION.

