



**NYANDENI RUNNERS HOST WOMEN'S DAY ROAD RACE
21,2KM , 10KM, & 5KM**

Date : 09 August 2023

Starting Time :
21,2km 06h30 = Zitatele Gxulu

10km - 06h45 = Nomzamo Mdlankomo

5km – 07h00 = Bokleni Plaza

Finish Venue : Spargs Superspar Libode

ENTRIES

Registration forms will be issued at : Office no. 126 KD Building Mthatha, Ngqeleni municipal Offices, Spargs Superspar Libode, Nyandeni Local Municipality, Office no. 41 (Libode), Nyandeni Local Municipality Traffic department.

Submission of Entry Forms

Completed Entry forms will be submitted : Nyandeni Local Municipality Main Offices (Libode)



ENTRY FEE :

21,2KM - R150

10KM - R 100

5KM - R50

N.B

(Race takes place from 06h30am till 09h30 am)

RULES AND REGULATIONS

- Category winners must present Proof of ID & Current Banking Details and clear contact details
- ALL winner's prize money will be deposited through their respective banks within 14 working days after verification of the final results.
- All Foreign athletes must be able to produce a letter from respective federations permitting them to participate on the race in South Africa.
- Obey traffic officials and Race Marshals
- Athletes for 10km must be 14 years and older
- Races are presented according to the rules of ASA and IAAF
- All athletes will participate at their own risk
- Proof of Age to be produced upon request on day of race
- Registered athletes must wear full Club Colours and 2023 Licenses, Age Category ID , tags. Tags must be worn (back and front) by athletes competing for a category prize
- Organising Committee is not responsible for accommodating athletes and club officials
- The entry fee is non – refundable
- Athletes will participate at their own risk , Nyandeni Runners club , the federation (ATRA), ASA , IAAF will not be held responsible for any injury sustained during the race.



**N.B. CLOSING DATE FOR ENTRIES WILL BE ON THE
08 AUGUST 2023 @ 20H00 AT MUNICIPAL
MAIN OFFICES LIBODE.
INDIVIDUALS MUST PRODUCE
PROOF OF PAYMENT BEFORE REGISTRATION.**

BANK DETAILS:

Name : Nyandeni Runners AC
Acc.No. : 62939339702
Bank name : FNB
Reference : Name & Surname

CONTACT DETAILS :

**MS.B. RANI
CELL NO. 073 581 4779**

**MR.T. JOZANA
CELL NO. 072 671 5939**





WOMEN'S DAY ROAD RACE - 09 AUGUST 2023

WOME'S DAY ROAD RACE 09 AUGUST PRIZE LIST

21.2KM														
CATERGORY	MEN		WOMEN		MEN		WOMEN		MEN		WOMEN		MEN	
Position	Open		Open		Junior		Junior		35-39yrs		35-39yrs		40-49yrs	
1	R	3,000.00	R	3,000.00	R	850.00	R	850.00	R	850.00	R	850.00	R	850.00
2	R	2,000.00	R	2,000.00	R	700.00	R	700.00	R	500.00	R	500.00	R	500.00
3	R	1,300.00	R	1,300.00	R	300.00	R	300.00	R	300.00	R	300.00	R	300.00
4	R	900.00	R	900.00	R	-	R	-	R	-	R	-	R	-
5	R	700.00	R	700.00	R	-	R	-	R	-	R	-	R	-
10km run														
CATERGORY	MEN		WOMEN		MEN		WOMEN		MEN		WOMEN		MEN	
Position	Open		Open		Junior		Junior		35-39yrs		35-39yrs		40-49yrs	
1		R 2,000.00		R 2,000.00		R 500.00		R 500.00		R 500.00		R 500.00		R 500.00
2		R 1,500.00		R 1,500.00		R 400.00		R 400.00		R 400.00		R 400.00		R 400.00
3		R 1,000.00		R 1,000.00		R 300.00		R 300.00		R 300.00		R 300.00		R 300.00
4		R 500.00		R 500.00	R	-	R	-	R	-	R	-	R	-
5		R 300.00		R 300.00	R	-	R	-	R	-	R	-	R	-
5km run														
Position	Boys (9-11 YRS)		Girls (9-11 YRS)		Boys (12-13 yrs)		Girls (12-13 yrs)							
1	R	500.00	R	500.00	R	500.00	R	500.00						
2	R	300.00	R	300.00	R	300.00	R	300.00						
3	R	200.00	R	200.00	R	200.00	R	200.00						
4	R	100.00	R	100.00	R	100.00	R	100.00						
5	R	50.00	R	50.00	R	50.00	R	50.00						



NYANDENI RUNNERS WOMEN'S DAY ROAD RACE - 09 AUGUST 2023 21KM, 10KM, 5KM

1. Category 21,1 km

10 km or	5 km	Open	35-39	40-49	50-59	60+
12-13 Years	9-11 Years					

(Tick one category)

2. I.D. Number No.

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3. Permanent Residence No. (Foreigners only)

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4. Nationality

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5. Surname

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6. First Name

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7. Address

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8. Telephone / Cell

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9. Date of birth

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10. Athletic Club Name

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11. Province Name

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12. Licence No.

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SIGNATURE: _____

DATE: _____