

RG Ultra 50km



ENTRY FORM

RACE NUMBER

DATE : 17 March 2024

START: ZWELITSHA & **FINISH:** Masizakhe Children's Home

TIME : 05h30

Entry Fee: R250

4KM FUN RUN: Start@Maizakhe, Start time – 08h00, Entry Fee : R40

ACADEMY MILER 1.6KM: Start time - 07h45, Entry fee: R20

TRANSPORT: R50 (Departs from Sisa Dukashe stadium@04h30) Y / N

Personal Details

Surname.....Name..... Age.....

*Club.....2024 Lic.No.:..... Gender M F

ID no.:.....Date of Birth:.....

50km 4km 1.6km **Contact Details:**

Category: Open 40+ 50+ 60+

I declare that I participate at my own risk & will not hold event organizers/sponsors liable for any loss/damage to property or injury incurred during my participation in this event.

Signature.....

* **Details of next of Kin:** Name.....Contact #.....

* **compulsory for ultra athletes**

General information and race rules

Online entries from 01 February 2024

<https://www.webtickets.co.za/v2/event.aspx?itemid=1541235066>

Manual entries open on the 5th February at participating sports shops listed below

Race run under ASA & Border Athletics (BA) rules (**age restriction applies**)

Race number to be worn in front on the outermost piece of clothing

ASA license numbers to be worn front & back as per ASA rules

Online entries close on the 11th March 2024@23h59

Manual entries close on the 15th March 2024@10am

Participating sport shops:

Sportsmans Warehouse(EL)-**race number supplied**

TotalSports: Mdantsane-**race number supplied**

Late entries, registration and race number collection at:

Beacon Bay Country Club: 15 March 13h00 – 18h00, 16 March 10h00 – 13h00

Masizakhe Children's Home :15 March 15h00-18h00, 16 March 15h00 – 18h00

Race start time: 05h30, NO ENTRIES AT THE START

No race number, no results, no handout

Event T-shirts to 1st 300 & Medals to 1st 400 finishers

RGU Prize Money MALE and FEMALE

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|--------------------------|----------|-----------------------|---------------------|-------------------|-----------|
| Position | 1 | 2 | 3 | 4 | 5 |
| Open | R5000 | R4000 | R3000 | R2000 | R 1000 |
| Position | 6 | 7 | 8 | 9 | 10 |
| Open | R800 | R600 | R400 | R200 | R100 |
| Position | 1 | 2 | 3 | | |
| Stalwart's awards | R500 | (for RG members only) | | | |
| Categories | R1000 | R600 | R400 | Cat 40+, 50+, 60+ | |
| Team Prize | R1000 | R400 | (club of 4 members) | | |

For more information contact Ayanda:079 438 0821, Andiswa: 083 311 7886

For refunds and substitutions contact Alex 083 999 6924

