



Old Medal RACE Eskom Park Emalahleni

Hosted by Eskom Athletics Club MPU

Wednesday 24 April 2024

Entries start on race day from 17 :00 - Race Starts 18 :30

**START & FINISH at Eskom Park Visagie Street
Emalahleni**

Fun run & 10km

Entry Fee:

Fun Run	R50
10KM	R80
Temp Licence	R40

Prize Money 10KM Men & Women equal prize money (Proof of ID Needed to collect.)

Category	Men	Ladies
1 st Open	R500	R500
2 nd Open	R300	R300
3 rd Open	R200	R200
40+ 50+ (Each)		
1 st	R300	R300
2 nd	R200	R200
1 st 60+, 70+ & Walker -	R200	R200
1 st Junior -	R300	R300
2 nd Junior -	R200	R200





ASA Rules apply:

- **No seconding will be allowed.**
- **The use of any type of earphones are NOT allowed on this race and will lead to disqualification .**
- **Obey traffic officials and race marshals.**
- **Athletes for 10km must be 14 years or older on the day of the race.**
- **Races presented according to the rules of ASA & AMPU House rules**
- **All athletes will participate at their own risk.**
- **Proof of age to be produced upon request on day of race and for collecting prize money.**
- **Registered athletes must wear full club colors and 2024 license numbers. At the front and back of the vest. ASA & Sponsor logo must not be covered as ASA Rule 26**
- **Age category ID. tags must be worn according to ASA rule 22.9.1 (back and front)& it must be clearly displayed for the duration of the event by athletes competing for a category prize and not be covered with rain jackets, hydration pack etc.**
- **Age category Tags must we worn to compete for a category prize.**
- **Parking at own Risk .**
- **NO TOG BAG AREA.**
- **Temp License at the front on the vest. Tear of slip must be completed.**
- **Walkers to have a W on their vest**
- **NO animals allowed to run /walk with you.**
- **NO Bicycles or tricycles allowed on the route**
- **12% levy of entry fee must be paid over to Athletics Mpumalanga by race organizer.**
- **I declare that I run at my own risk and indemnify the organizers, sponsors of any responsibility for injury or loss.**
- **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.**

Contact details of the race organizer

Paul Bester – 082 966 7767 OR Elsabe Naude – 073 075 5202