

# GREAT LAKE MARATHON

25 MAY 2024 (SATURDAY)

Venue : ARK CHRISTIAN SCHOOL  
AMERSFOORT ROAD N 11  
(ERMELO)

Organiser: Conquerors AC

Name :  
Great Lake Marathon

Venue :

: ARK CHRISTIAN PRIMARY  
SCHOOL.  
(AMERSFOORT ROAD N 11) : Ermelo

Time : 7:00 am

## How to Enter

Entries: FRI 24<sup>TH</sup> May 2024  
5pm - 7pm  
at

: ARK CHRISTIAN PRIMARY  
SCHOOL.  
(AMERSFOORT ROAD N 11) : Ermelo

(Ermelo)  
and

(Sat) From 5:30 am - 6:30 am  
ARK CHRISTIAN SCHOOL

## ENTRY FEES

21,1Km = R150  
10 Km = R80  
5Km = R40

Temporary License

R40.00

## Contact

Mbongiseni Ndlangamandla

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Lindani Myeni

☎ :079 977 2383

Petros Ndlangamandla

☎ :074 0416 591



POSITION/ CATEGORY	DISTANCE	
	21,1km	10km
1	<b>R800</b>	<b>R400</b>
2	<b>R400</b>	<b>R200</b>
3	<b>R200</b>	<b>R150</b>
Juniors	<b>R400</b>	<b>R200</b>
		<b>R150</b>
		<b>R100</b>
(40+) 1	<b>R200</b>	<b>R150</b>
2	<b>R100</b>	<b>R100</b>
50+	<b>R200</b>	<b>R150</b>
60+	<b>R200</b>	<b>R150</b>
70+	<b>R200</b>	<b>R150</b>

**NB! ALL FINISHERS ARE AWARDED A MEDAL**

**ASA Rules Apply:**

- \*No seconding will be allowed.
- \*No earphones or Walkman's allowed.
- \*No dogs.
- \*Obey traffic officials and race marshals.
- \*Athletes for 10km must be 14 years or older on the day of the race.
- \*Athletes for 21,1km must be 16 years or older on the day of the race.
- \*Races presented according to the rules of ASA & WA.
- \*All athletes will participate at their own risk.
- \*Walkers to have a W on their vest and can only qualify for a walker prize
- \*Age category ID. tags must be worn according to ASA rules (back and front) & its 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.
- \*ASA 2024 License No. on the FRONT and back of the vest.
- \*Parking at own risk
- \*NO TOG BAG AREA.
- \*Temp Licence at the front on the vest. Tear of slip must be completed.
- \*Race number should not cover the valid ASA license logo.
- \*Age category Tags must we warn to compete for a category prize.
- \*I declare that I run at my own risk and indemnify the organisers, sponsors of any responsibility for injury or loss.
- \*Category winner 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.
- \*Cut-off time: 03;00 hours

**Contact Details:**  
Mbongiseni Ndlangamandla  
☎:079 269 0152

