

21.1km | 10km | 5km | 1 MILE

SATURDAY, 22 JUNE 2024 | LETABA ESTATES

GENERAL INFORMATION:

- 1. All rules and conditions of ASA/ LIMA will apply.
- 2. Race officials and Marshalls must be obeyed at all times.
- 3. In the event that indemnity is not signed athlete is still liable for whatever happen.
- 4. Online entries available at <u>www.entryninja.com</u> and close on <u>14 June 2024</u>, FREE race shirt for the first 500 entrants in the 21.1km and 10km.
- 5. Entry fee: 21.1km | R220.00; 10km | R150.00; 5km & 1 Mile | R70.00.
- 6. Minimum age: 21.1km | 16 years; 10km | 14 years; 5km | 9 years; 1 Mile | 9 years.
- 7. Starting time: 21.1km | 6h30; 10km & 5km | 07h00 | 1 Mile race | 07h30.

8. PRIZE MONEY

8.1. Proof of age for prize winners will be required. Prizes will be withheld until confirmed.

21.1 KM	1ST	2ND	3RD	4TH	5TH
Open	R2500	R1500	R1000	R700	R500
40-49	R1000	R700	R500		
50-59	R700	R500			
60 +	R700	R500			
Junior	R1000	R700	R500		

10KM	1^{ST}	2^{ND}	3 RD	4 TH	5 TH
Open	R1500	R1000	R700	R500	R300
40-49	R700	R500	R300		
50-59	R500	R300			
60 +	R500	R300			
Junior	R700	R500	R300		

1.6km (1 MILE)	1ST	2ND	3RD
Under 13_Born in 2011	R500	R300	R200
Under 12_Born in 2012	R400	R300	
Under 11_Born in 2013	R400	R300	
Under 10_Born in 2014	R300		

- 9. All licensed athletes must wear a valid license numbers in front and at the back of the vest.
- 10. Temporary licensed athletes must wear temporary license numbers at the back of the vest. Temporary licenses will available at R50.00 each.
- 11. Entrants in all races must wear an official race number on front of the vest and numerical age category tags must be display front and back of the vest from the age 40 years & up.
- 12. Water point in every ± 3 km, medical support will be available.
- 13. Official price giving will take place at 9h00.
- 14. Appeals must be lodge with the organizers within 30 minutes of the finish of the race together with the compulsory fee of R400.00.

PARKING, TOILETS & REFRESHMENTS AVAILABLE

ALL ENQUIRIES: Tizi @ 076 611 7273 | Letaba rep @ xxx xxx xxxx

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