

28 SEPTEMBER 2024

MAC HERITAGE DAY HALF-MARATHON



START VENUE: 3 Services Club – Gideon Scheepers – Generaal De Wet-BFN
(Behind Builders Warehouse/CTM)

REGISTRATION/ENTRY FEE: 21Km - R200 | 10Km - R140 | 4.8Km - FUN RUN - R70
TEMPORARY Licence - R50

REGISTRATION POINTS

Naval Hill
23 – 27 September '24
Time 17H00 – 18H30
3 Services Club
23 – 27 September '24
Time 17H00 – 18H30

COLLECTION POINTS

Naval Hill / 3 Services Club
25 September: 17H00 – 18H30
(ON RACE DAY-STARTING POINT)
28 September: 05H00 – 05H45

TONY MASUKU – Organiser/Technical:
+27 (71) 818 2685

ONLINE REGISTRATION CLOSES : 25 SEPTEMBER 2024

OVER **R10 000** Worth Of Prizes To Be Won

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2024 MAC HERITAGE DAY HALF MARATHON.

RACE PRIZES

21.1KM (OPEN)			10KM (OPEN)			JUNIOR (1 ST POSITION)		
Position	Male	Female	Position	Male	Female	Distance	Male	Female
1.	R1000	R1000	1.	R700	R700	21.1km	R500	R500
2.	R600	R600	2.	R500	R500	10km	R300	R300
3.	R350	R350	3.	R350	R350			

40-59YRS (1 ST Position)			60-69 YRS (1 ST Position)			70-79 YRS (1 ST Position)		
Distance	Male	Female	Distance	Male	Female	Distance	Male	Female
21.1km	R350	R350	21.1km	R350	R350	21.1km	R350	R350
10km	R200	R200	10km	R200	R200	10km	R200	R200

RULES AND REGULATIONS.

By entering this event I undertake to be bound by the Rules and Regulations of the event including those of WA and ASA at my own risk. I warrant that I am in good health and aware of risks and danger of the physical nature of this sporting event, and don't claim ignorance of these risks and dangers. I hereby accept that I participate in the event and release and discharge, to the fullest extent allowed in law. The organizers of the event, the sponsors, persons assisting in the staging of the event, Provincial and National athletics bodies and all local authorities from any responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity. The organization agree that all personal information requested on this form is for the use of the event and will not be distributed to many third party.

MINOR RELEASE: and I, the minor's parent, or guardian, understand the nature of the athletic activities and the Minor to be qualified is in good health and in proper physical condition to participate in such activity and enter this indemnity/waiver on behalf of the minor.

GENERAL INFO:

Permanent 2024 ASA license number needed or 2024 Temporary license (available at R50) must be purchased with entry for 21.1km & 10km; • Every finisher will receive a medal; • Waterpoints will be at every 3km; • Wearing of age bib compulsory and must be visible, ASA license numbers must be worn on front and back, temporary license on front, timing chip must be worn on shoe; • All winners must show ID/Driver's License/Passport if requested; • Medical Support on route and medical services available at the finish line; • Distance markers and route boards every kilometers; • Direction arrows, boards and road markings will be on the route; • Marshalls will also assist with directions; • Traffic Officers will be placed at major road intersections for traffic control to ensure safety of runners; • Cut-off times: 21.1km – 3:30hrs, 10km – 2hrs and 4.8km - 1hr; • No earphones (excluding hearing aids) and animals permitted; • Toilet facilities are available at the venue; • No shower and tog bag facilities available; • Participants must familiarize themselves with the route on the participating distance to be run; • Parking is available but at own risk/responsibility; • Leading vehicles for first men and women in the different distances. Runners must observe all Health and Safety Regulations; • The results will be available 3 days after the event on the club Facebook account. • More information and race updates at <https://www.facebook.com/mangaungathleticsclub>.

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