

RG Ultra 50km



ENTRY FORM

RACE NUMBER

DATE : 16 March 2025

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

TIME : 05h30

Entry Fee: R300

4KM FUN RUN: Start@Masizakhe, 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.....2025 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 20 January 2025

<https://www.webtickets.co.za/event.aspx?itemid=1556998118>

Manual entries open on the 24th 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 10th March 2025@23h59

Manual entries close on the 14th March 2025@10am

Participating stores for manual entries:

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

Golden Palace: Mdantsane City Mall-**race number supplied**

*** Limited # peak caps for early online and manual entries**

Late entries, registration and race number collection at:

Beacon Bay Country Club: 14 March 13h00 – 18h00, 15 March 10h00 – 13h00

Masizakhe Children's Home :14 March 16h00-18h00, 15 March 15h00 – 18h00

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

No race number, no results, no handout

1,6 & 4 km runs: Drawstring bag & medal

Ultra : Drawstring bag (1st 300) & Medals to 1st 400 finishers

RGU Prize Money MALE and FEMALE

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	R600	(club team of 4 members)		

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

For refunds and substitutions contact Alex 083 999 6924

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