PRETORIA MILITARY

Marathon Club

13 September 2025 @ 06:30

PAIR FORCE BASE SWARTKOP

Athletics Gauteng North SPIRIT OF FLIGHT RACE

10 KM RUN/5 KM FUN RUN

600 VITALITY POINTS FOR 10 KM

Discovery

O POINTS FOR 5 KM

1500 SPECIAL MEDALS

Online entries from 06 August 25 @ www.entryninja.com until 09 September 25 Aluta Gaothuse, 083 259 9741, Keabetswe Ndlala, 076 109 4561 Katlego Phenya, 083 701 1046, Kgakgamatso Sekori, 082 049 5985

ENTRY FEES:

- 10 KM R150 Pre-Entries or R170 on Race Day
- → 5 KM Fun Run R50 Pre entry or R70 on Race Day
- ▶ Free entry for 70+ athletes
- **→** Temporary Licence R70
- Online Entries will be open on 06 August 2025 09 September 2025 midnight on www.entryninja.com
- ▶ Entries will be available at Run-Away Sports in Lynwood and Tshwane Running Shop in Sinoville
- Pre-Entry and Race Number Collection: 12 September 2025 from 14:00 to 18:00 and on race day from 04:00 to 06:00 at AFB Swartkop.

10km Run Men/Women Prize Given:

Position	Open	Junior	40-49	50-59	60-69	70-79	80+
		350	400	350		300	200
2	700	250	300	250	200	200	200
3	500	200					

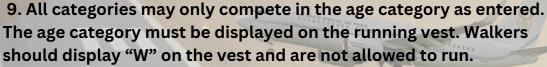
10km Walk Men/Women Prize Given:

Position	Open	Junior	40-49	50-59	60-69	70-79	80+
1	500 400	250	200		200		
2	300						

5km Fun Run Men/Women Prize Given:

Position	Junior
1	150
3	70

RULES AND INFORMATION



600 VITALITY POINTS

ONLY FOR 10KM

Discovery

- 10. The race committee reserves the right to accept or reject any entry.
- 11. No PMMC members will be allowed to participate.
- 12. Tog bag facilities are available and are used at own risk.
- 13. Fast Food and refreshments will be on sale.
- 14. Wheelchair athletes or stroller will be allowed.
- 15. No Ipods are allowed.
- 16. Sufficient parking available.
- 17. Water points at approximately every 3 kms.
- 18. Club gazebos are permitted.
- 19. Minimum age to participate in the 10km race is 14 years.
- 20. International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if are contenders for Prizes.

- 1. All entrants participate at their own risk and their entry indemnifies the organisers (PMMC) of any liabilities or claims.
- 2. All entrants must wear valid ASA 2025 license numbers on the back and front (as per the new ASA rules); and race number on the front of the vest.
- 3. All unlicensed athletes of the 10km race must purchase a temporary license number which must be worn on the back.
- 4. The race will take place under the rules of ASA and AGN.
- 5. Race referees' decisions are final.
- 6. Marshals and traffic official instructions must be obeyed at all times.
- 7. No seconding vehicles on the route will be permitted during the race.
- 8. It is the responsibility of each athlete to ensure that he or she is medically fit and healthy to participate in any of the races.









