

PRETORIA MILITARY

Marathon Club

PRESENTS

13 September 2025 @ 06:30

📍 AIR FORCE BASE SWARTKOP

SPIRIT OF FLIGHT RACE

10 KM RUN/5 KM FUN RUN

600 VITALITY POINTS FOR 10 KM

NO POINTS FOR 5 KM

1500 SPECIAL MEDALS



Athletics
Gauteng North

Discovery
Vitality



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+
1	1000	350	400	350	300	300	200
2	700	250	300	250	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	250	200	200	200	200	200
2	400						
3	300						

5km Fun Run Men/Women Prize Given:

Position	Junior
1	150
2	100
3	70

**600 VITALITY POINTS
ONLY FOR 10KM**



**Vitality
NO POINTS FOR 5KM**

RULES AND INFORMATION

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.
9. All categories may only compete in the age category as entered. The age category must be displayed on the running vest. Walkers should display "W" on the vest and are not allowed to run.
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.

