

General Information

1. Distance: 21.1 Km & 10 Km
2. Registration Starts 05H30
3. Date: 13 August 2016
4. Start: Black Mountain Hotel
5. Finish: Mmabana Stadium
6. Time: 08H 00
7. Cut-off: 3 Hours

8. Minimum Ages: 21.1 Km 16 years
10 Km 14 years
9. Entry Fees: 10 Km – R 70. 00 Walkers are welcome
21 .1 Km – R 90. 00
- 9 .1 Entries: Central Park – Help Desk &
- 9.2 Closing for early entries: 10/08/2016 Fast Legs Athletic Club u
- 9.3 Late entries: R 110. 00 - 21.1 Km R 90. 00 - 10 Km
10. Temporary: R 30. 00
- Prize giving: 11H 00
11. Distance markers every kilometre.
12. Water points every 3 km
13. Toilets available.
14. E R 24 assistance on side
15. Electronic Entries can be made to below

Bank Account:

Name: Fast Legs Athletic Club
Nedbank
Account no: 2008300846
Branch code: 162734



NEDBANK FAST LEGS RUNNING CLUB



Present:

IBL SUN TO SUN HALF MARATHON

21.1 Km & 10 Km
13 August 2016

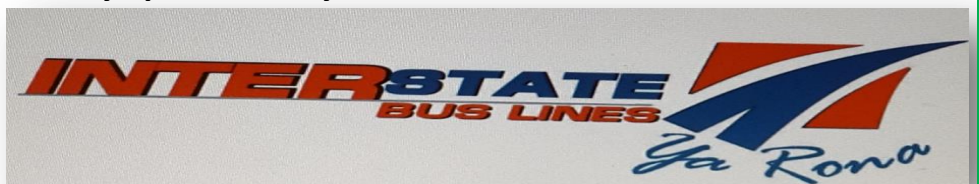
Enquiries:

Pretty @ 083 204 2973

Thando @ 051 408 7000 /7015
076 402 8293

Email: fastlegsrn74@gmail.com
kpbooyesen6@gmail.com
thando@interstate.co.za
www.interstate.co.za

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Rules

1. Race is presented under the Rules of AFS, ASA and IAAF.
2. Registered athletes must wear the 2016 license on front and back of the vest.
3. No seconding will be allowed on the route.
4. Age tags must be worn on front and back of the vest.
5. All Officials must be obeyed at all times.
6. All International athletes must be able to produce a letter from respective federation Permitting them to partake in the race in South Africa.
7. Wheelchair participation needs special request to local traffic Dept. for Authorization.
8. No athlete is allowed to run with a prams, blades, animals, cyclist or mechanically.
9. The athletes are not allowed to run with earphones in all race.

Entry Form

Surname: _____ Name: _____

Address: _____

Date of birth: _____

Race: 10 Km Run Walk 21.1 Km

Category: _____ Club: _____

License no: _____ Cell: _____

ID Numbers: _____ Gender: _____

I declare that I am a bona fide athlete and confirm that all above-mentioned information provided on this entry form is true and correct, I shall participate in this race at my own risk and that I shall exonerate the club, race organisers and the sponsors of this race from all liability in the event of an accident or death which may arise from my participation.

Signature: _____ Date: _____

COMPETITOR (In accordance with the rule of AFS & ASA)

PARENT/GUARDIAN SIGNATURE if under 18 years

Emergency No: _____



Men 21.1 Km		Ladies 21.1 Km	
Position	Money	Position	Money
Seniors		Seniors	
1 st Gold	R 2000.00	1 st Gold	R 2 000.00
2 nd Gold	R 1500.00	2 nd Gold	R 1500.00
3 rd Gold	R 1 000.00	3 rd Gold	R 1 000.00
4 th Gold	R 750.00	4 th Gold	R 750.00
5 th Gold	R 600.00	5 th Gold	R 600.00
6 th Gold	R 500.00	6 th Gold	R 500.00
7 th Gold	R 400.00	7 th Gold	R 400.00
8 th -Gold	R 300.00	8 th Gold	R 300.00
9 th -Gold	R 200.00	9 th Gold	R 200.00
10 th Gold	R 100.00	10 th Gold	R 100.00
Juniors		Juniors	
1 st Gold	R 400.00	1 st Gold	R 400.00
2 nd Silver	R 300.00	2 nd Silver	R 300.00
40 - 49		40 - 49	
1 st Gold	R 300.00	1 st Gold	R 300.00
2 nd Silver	R 200.00	2 nd Silver	R 200.00
50 - 59		50 - 59	
1 st Gold	R 250.00	1 st Gold	R 250.00
2 nd Silver	R 200.00	2 nd Silver	R 200.00
60 +		60 +	
1 st Gold	R 200.00	1 st Gold	R 200.00
2 nd Silver	R 150.00		R 150.00

Men 10 Km		Ladies 10 Km	
Seniors		Seniors	
1 st Gold	R 500.00	1 st Gold	R 500.00
2 nd Silver	R 300.00	2 nd Silver	R 300.00
3 rd Bronze	R 200.00	3 rd Bronze	R 200.00
Juniors		Juniors	
1 st Gold	R 200.00	1 st Gold	R 200.00
2 nd Silver	R 100.00	2 nd Silver	R 100.00
40 - 49		40 - 49	
1 st Gold	R 200.00	1 st Gold	R 200.00
50 - 59		50 - 59	
1 st Gold	R 150.00	1 st Gold	R 150.00
60 +		60 +	
1 st Gold	R 150.00	1 st Gold	R 150.00

Walker Man 10 Km Only		Walker Lady 10 Km Only	
1 st Gold	R 200.00	1 st Gold	R 200.00

