

NDONGENI HERITAGE RACE 15KM

RUN / WALK & 5KM FUN RUN

HOSTED BY
PHANTANE
ATHLETICS CLUB



DATE: 22 SEPTEMBER 2019

START: GUGU DLAMINI PARK

FINISH: UMKHUMBANE MUSEUM

TIME: 07:00 AM

ENTRY FEE: 15KM - R120

5KM - R50

TEMPORARY LICENCE: R30

PROUDLY SPONSORED BY



Parks
Recreation
& Culture



BONAKUDE

CONSULTING (Pty) Ltd



ENTRY FORM

SURNAME:			
NAME:			
MALE:	<input type="checkbox"/>	FEMALE:	<input type="checkbox"/>
CLUB:			
LICENSE NO.:			
TEMP LICENSE:	<input type="checkbox"/>		
PROVINCE:			
ID NUMBER:			
CONTACT NO.:			
EMAIL:			
RUN: 15KM	<input type="checkbox"/>	WALK: 15KM	<input type="checkbox"/>
RUN: 5KM	<input type="checkbox"/>	WALK: 5KM	<input type="checkbox"/>

INDEMNITY:

I _____ declare that I am fit to run this event and that I shall participate at my own risk, and that I indemnify the sponsors, organizers and officials of this race against any claim, which may result from my participation.

Signature: _____ Parent / Guardian: _____

Date: _____

For Enquiries:

Mdu Khumalo: 061 436 3967

HOW TO ENTER

FOR EARLY REGISTRATIONS AND NUMBER COLLECTIONS:

Collect / drop registration forms at Kings Park Athletics Stadium.

ONLINE ENTRIES:

www.eventtiming.co.za

LATE REGISTRATIONS AND NUMBER COLLECTIONS:

LOCATION:

Kwa Muhle Museum (Opposite Gugu Diamini Park /
The Workshop Shopping Centre)
Bram Fischer Rd, Durban Central, Durban

DATE:

Saturday 21ST Sept 2019

TIME:

10:00 am - 16:00 pm

RACE DAY:

Sunday 22nd Sept 2019

TIME:

04:30 am - 06:30 am

BANK DETAILS

Bank: Capitec

Account Number: 1543764345

Account Holder: Eventtiming (KH Bradfield)

Clearing Code: 470010

Account Type: Savings

Branch: Pavillion

Payment can be made by EFT transfer / Capitec ATM Cash Deposit

Please use your ID number as reference and WhatsApp the deposit slip,
entry form with the reference endorsed on it to: 061 505 1416

PLEASE REFER TO BACK PAGE OF THE FLYER
FOR THE RACE ENTRY FORM.

PRIZE MONEY

15KM RUN / WALK OPEN MALE AND FEMALE

OPEN		AGE 35 - 39	
1. R8000		1. R1000	
2. R4000		2. R700	
3. R3000		1. R500	
4. R2000			
5. R1000			
AGE 40 - 49		AGE 50 - 59	
1. R1000		1. R1000	
2. R700		2. R700	
3. R500		3. R500	
AGE 60 +		WALK	
1. R1000		1. R2000	
2. R700		2. R1000	
3. R500		3. R750	
JUNIOR			
1. R1500			
2. R1000			
3. R500			
JUNIORS UNDER 17yrs BOYS / GIRLS 5KM FUN FUN - (MUST PRODUCE A VALID I.O.)			
1. R1000 VOUCHER			
2. R750 VOUCHER			
3. R500 VOUCHER			

15KM MALE / FEMALE OPEN

GOLD MEDALS WILL BE AWARDED TO THE 1st TEN WHO CROSS THE FINISH LINE.
STANDARD MEDALS WILL BE RECEIVED BY EVERY ATHLETE WHO FINISHES THE RACE

T-SHIRTS WILL BE RECEIVED BY THE 1st FIVE HUNDRED ATHLETES
LUCKY DRAWS FOR PARTICIPATING JUNIORS AND SCHOLARS

RULES OF THE RACE

- The race will be run in accordance with the rules of IAAF, ASA & KZNA.
- Athletes MUST familiarize themselves with the Above Rules and Regulations
- 2018 License numbers must be worn on front and back of the vest.
Entrants who are not licensed runners, may purchase a temporary license with their entry. Refer to ASA Rule (25,5)
- Participants must be 15 years or over for 15km, and 9 years or over for 5km.
- Refreshment stations will be provided and no personal seconds will be permitted. No vehicles allowed on route.
- All foreign athletes must abide by the IAAF rules 4.2, 22.1 and 142 and ASA Rule 9
- Athletes MUST obey instructions from Race Marshals, Race Officials, Traffic Officials and Race Referees.
- Bag storage facilities will be available to athletes at their own risk.