



# YORK TIMBERS

## LONGTOM MARATHON

# 19 MARCH 2016

### ENTRY FORM

Category:	J	S	40+	50+	60+	W
Distance:	55km	42.2km	21.1km			
	R 200	R 150	R 100			

Temp License	
	R25

- Entries close 29 February 2016
- Change of entries until 14 March 2016 — R50 additional cost
- Cut-off time will be 7 hours from the starting time
- Late entries from 1 March— 15 March 2016 will be allowed— R50 additional (No goodybags and no medals)

**Race Start & Finish: York Sports Grounds, Sabie**

Starting Times:	<b>55km, 42.2km &amp; 21.1km ALL START AT 06H00</b>
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Surname		First Name	
Date of birth		ID Number	Gender
License No		Club Name	T-Shirt size
Postal Address		Town	Code
Email Address		Cell Number	
Medical Aid		Number	
Emergency Contact Name		Contact Number	

### INDEMNITY

By entering and signing this entry form for this event, all entrants participate entirely at their own risk and agree that they shall have no claim whatsoever against the organizing body, helper or sponsor in respect of injury, loss or damage that participants may suffer arising from any injury to that person or property, caused directly or indirectly by negligence, albeit gross, of one or more of the aforementioned parties. The entrants agree to abide by the Conditions of Entry and Athletics South Africa's Rules and Regulations.

### TERMS & CONDITIONS

Entry fees to be paid within 5 days of entering and submitting this form. Proof of payment to be sent to [adventure@york.co.za](mailto:adventure@york.co.za)

### BANKING DETAILS FOR DIRECT DEPOSIT

**Account Name:** York Adventure Club **Bank:** FNB **Branch Code:** 255005 **Account Number:** 62021695731

**Ref:** Name & Surname E-mail Proof of Payment to [adventure@york.co.za](mailto:adventure@york.co.za) or fax to 086 652 9763

### CONTACT FOR ANY ENQUIRIES

Odette van Staden [adventure@york.co.za](mailto:adventure@york.co.za)





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## Rules & Information

- \* The race is held under the rules of ASA and AMPU.
- \* Proof of age must be presented on request at the race. This is essential for athletes competing for a category prize.
- \* Ages: Athletes for 21.1km must be 16 years or older on the day of the race  
Athletes for 42.2km must be 20 years or older on the day of the race  
Athletes for 55km must be 20 years or older on the day of the race
- \* No seconding will be allowed.
- \* Registered athletes must wear full club colours—2016 license numbers on the front and back of the vest.
- \* Temporary license numbers must be worn on the front of the vest.
- \* Age category ID tags must be worn (back and front AND fixed onto the vest at all 4 corners) by athletes competing for a category prize.
- \* Walkers must have a fixed W on the vest to qualify for any prizes.
- \* It is the responsibility of each athlete to ensure that he or she is medically fit and healthy to participate in any of the events.
- \* The race committee reserves the right to accept or reject any entry.
- \* The referees decision is final.
- \* Participants must keep to the designated route as indicated, and obey all Traffic Officials and Race Marshals.
- \* The entry fee is non refundable.
- \* 12% levy of entry fee must be paid over to Athletics Mpumalanga by the Race Organiser.
- \* **NO I-PODS ALLOWED DURING THE RACE**
- \* Cut-off time will be 7 hours from the starting time.
- \* Enquire regarding Grand Master discount on entry.
- \* Medals to first 800 finishers will receive on the day.



PRIZE MONEY FOR			
CATEGORY (MEN & WOMEN)	55km	42.2km	21.1km
OPEN RUN	1st	1st	1st
	2nd	2nd	2nd
	3rd	3rd	3rd
OPEN WALKER		1st	1st
40 - 49	1st	1st	1st
50 - 59	1st	1st	1st
60+	1st	1st	1st
JUNIOR			1st