



Spirit of Flight

Collect Special Medal 2 of 10

(2017 collectors medals available at race)

PRETORIA MILITARY MARATHON CLUB

Presents

10km Run/Walk Race and a Fun Run

AIR FORCE BASE ZWARTKOP, VALHALLA

(Old Johannesburg Road - Northern Entrance)

Saturday 01 September 2018, 06h30

ENTRIES: Accepted at venue on 1 Sept 2018 from 04h00
PRE-ENTRIES: By hand closing date 30 Aug 2018.
Stores: The Sweat Shop - Southdowns Centre Irine - (012) 665 0048
Run-A-Way Sports - (012) 361 3733
Tshwane Running Shop - Sinoville - 076 929 7384

Entry Fee R70-00 for 10 km
Temporary licence R30-00
Fun Run R50-00 (No temporary licence required)

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25°47'58.75"S 28°09'51.49"E



RUNNING /WALKING PRIZES FOR MEN AND WOMEN

CATEGORY	POSITION	PRIZE
Open	1	R300.00
	2	R200.00
	3	R100.00
40-49	1	R150.00
	2	R100.00
50-59	1	R150.00
	2	R100.00
60-69	1	R150.00
	2	R100.00
70-79	1	R150.00
	2	R100.00
80+	1	R150.00
	2	R100.00
14-19	1	R100.00

MEDALS

Gold: Winners of each category.

Silver: Next 100 athletes, excluding category winners.

Bronze: All Finishers.

Race Information

The race will start at exactly 06h30, temporary licences/registration from 04h00

Distance markers every 1km.

Refreshments stations on 3.5km and 7km.

Refreshments on sale at venue.

Secure parking available, please support the guards.

Cut off time 10km 2:00 and Fun run 1:30.

RULES

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 2018 licence numbers on the front and back of their vest and not cover logos on the licence.
3. All unlicensed athletes must purchase a temporary license number that must be worn on the front of the vest.
4. The race will take place under the rules of ASA and AGN. Race referees decisions are final.
5. Marshalls and traffic official's instructions must be obeyed at all times.
6. No seconding or vehicles will be allowed on the route.
7. It is the responsibility of each athlete to ensure that he or she is medically fit and healthy to participate in the race.
8. All category winners to provide proof of age (official green bar coded RSA ID, valid drivers' license or valid passport). An athlete may only compete in the age category entered. The age category must be displayed on the front and the back of their vests. Walkers must display a "W" on their vest and are not allowed to run.
9. All foreign athletes must observe IAAF Rule 4 paragraph 2.
10. The race committee reserve the right to accept or reject any entry.
11. The entry fee is non-refundable.
12. PMMC is not responsible for any damage or loss to private property.
13. Minimum age on race day is 14 for 10km.
14. No iPods are allowed.
15. Sufficient parking available
16. Tog bag facilities available and are used at own risk.
17. Entries cannot be refunded, cancelled, returned or exchanged on account of weather or unforeseen events occurring beyond the control of event organisers.