

**Prizes: Cash prizes to male and female category winners:**

Position	Open	35-39	40-49	50-59	60+	Jnr	Walker
1	700	200	200	200	200	200	200
2	500	150	150	150	150	150	150
3	250	100	100	100	100	100	100

\*King and Queen of the Mountain:

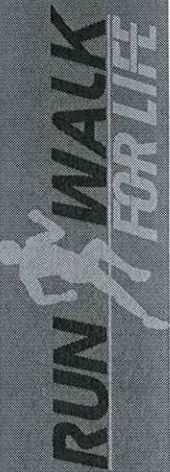
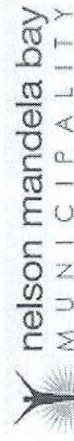
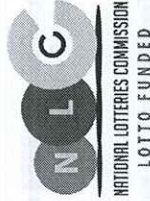
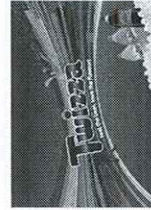
First Male and Female to the highest point of the race: R300

Walkers to wear W tags on front and back of vest to qualify for prizes.

\* To qualify for King/Queen of the Mountain prize athlete must finish in the top ten of the male/female field respectively.

Medals to all finishers. Plenty of spot prizes up for grabs.

Enquiries: Stephen - 082 468 8384/ Terri - Lynn 083 504 7940  
E-mail - grahamstown@runwalkforlife.co.za



**SPAR OAK COTTAGE**

# MOUNTAIN DRIVE HALF-MARATHON

## CONQUER THE MOUNTAIN SATURDAY 12 AUGUST 2017

RACE STARTS AT 8AM

**START AND FINISH:**

RHODES UNIVERSITY

PROSPECT FIELD

GRAHAMSTOWN

STEPHEN 082 468 8384

TERRI-LYNN 083 504 7940

grahamstown@runwalkforlife.co.za

Find us on Facebook: mountaindrivehalf



An EPA Participation League Event ORGANISED BY RWFL in accordance with the rules of ASA and EPA

# SPAR Oak Cottage Mountain Drive Half-Marathon, Entry Form

**Race (tick):**  **Runner**  **Walker**

**Surname:** \_\_\_\_\_

**First names:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Club (in full):** \_\_\_\_\_

**License No:** \_\_\_\_\_ **Province:** \_\_\_\_\_ **Sex:** M / F

**ID Number:** \_\_\_\_\_ **Age:** \_\_\_\_\_

I declare that I will abide by the rules and regulations of ASA and EPA and will obey traffic officers and officials at all times. I am medically fit and participate at my own risk and will not hold the organisers, EPA or the sponsors liable for any claim, loss or injury incurred as a result of my participation in the event. I undertake to yield to traffic if I am on the road after the cut-off time.

**Signature of competitor:** \_\_\_\_\_  
**Parent/guardian (if under 18)** \_\_\_\_\_

Half Marathon Entry Fees	R 70.00	R
Grandmasters	R 30.00	R
Temporary license	R 30.00	R
<b>Total</b>		R

## Rules and Race Information

- The SPAR Oak Cottage Mountain Drive Half-Marathon starts/finishes at the Rhodes University Prospect Field, African Street, Grahamstown on Saturday 12 August 2017. The race starts at 8am (Runners & Walkers).
- Pre-entries close on Wednesday 9 August 2017 at the following sports stores: Brian Bands (PE) and Brockets Sports (Uitenhage).  
Online entries: [www.roag.co.za](http://www.roag.co.za) close on Wednesday 9 August 2017 at midnight.
- Late entries to be accepted at Rhodes University Prospect Field (Old Mutual Pavilion) on the morning of the race from 6:30 am to 7:45 am.
- All race officials and marshals to be obeyed at all times. Athletes to stay on the right hand side of the road unless otherwise instructed.
- Entrants must be 16 years or older on the day of the race.
- TEMPORARY LICENSED PARTICIPANTS: Registered athletes are covered by a group personal accident insurance scheme. Details may be obtained from your club / province. Temporary licensed athletes are covered by ASA Insurance Scheme, applicable for race day only. Completion of the tear-off strip is compulsory.  
Temporary license number to be displayed on front of plain vest/shirt.
- Official club colours must be worn.
- 2017 license numbers to be worn on front and back of vest. Age tags must be worn on front and back of vest to be eligible for category prizes. Runners using a temporary license shall produce proof of age on race day to qualify for prizes.
- Littering outside the allocated littering points may lead to disqualification.
- Personal seconding rules apply. Refreshment tables will be provided.
- The wearing of ear phones is prohibited and will lead to disqualification.
- Cut-off time is 12noon (4 hours for runners & walkers). Prize-giving will take place at 11.15am
- Enquiries: Stephen – 082 468 8384 / Terri-Lynn – 083 504 7940 / e-mail [grahamstown@runwalkforlife.co.za](mailto:grahamstown@runwalkforlife.co.za) or visit the Facebook page: [www.facebook.com/mountaindrivehalf](http://www.facebook.com/mountaindrivehalf)
- Toilet and shower facilities will be available at start/finish.
- Refreshments will be on sale with tea and coffee at the start and finish.