



ENTRY FORM

The Icon's Journey Marathon

Please mark the relevant box with an (x): Runner Cyclist Male Female

Club Name											
Licence Number											Print "TEMP" if you require a temporary licence.

Indicate Relevant Trail: **Cycling** 100km 35km // **Running** 100km 35km 12km 7km

T-Shirts size s m l xl xxl

SA Citizen ID number / Permanent Residence Number / Foreign Visitor Passport Number:											

Date of Birth	D	D	M	M	Y	Y	Y	Y
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Surname											
First Name											
Email Address											
Cell											

Address												
City								Postal Code				
Province												

Do you have a medical aid? Y N

If yes name the medical aid scheme

FEES: Cycling 100km - R600 / 35km - R350 Running : 100km - R400 / 35km - R150 / 12km - R90 / 7km - R70

Please deposit entry fees as per banking details below:

Bank First National Bank
Branch name Mthatha Plaza.
Branch Code 260553
Account Number 627 491 520 63

Please use your **ID number** and **surname** as reference for the deposit. If paying in **cash**, please use the **First National Bank**.

Please **email** a copy of your deposit slip with your clearly filled in entry form to **healthiswealth@gmail.com**. Please make sure that your contact telephone number is clearly written on your deposit slip and entry form.

Indemnity:

I am medically fit to run/walk and fully understand that I enter at my own risk and the organisers and their sponsors will not be held responsible for any loss or injury during or as a result of the event, or for any loss or damage to property on the course or venue.

This event is run in accordance with the rules of the IAAF, Athletics South Africa, Cycling South Africa and Athletics Transkei. All foreign athletes must comply with IAAF rule number 4 paragraph 2 and rule 142. Postal entries and cheques must be received at our race office before 18H00 on Friday, 31 May 2019. Hand delivered entries to the Race Office must be received before 18H00 on Friday, 31 May 2019. Entry forms received after 31 May 2019 will be considered "late entries" and those entrants will not receive any merchandise.



Sign _____ Date _____

PRIZE MONIES

Running

POSITION	OPEN	40-49	50-59	60-69 YRS	70+ YRS	Junior
100KM (FEMALE/MALE)						
1st	R20 000	R2 000	R1 500	R1 000	R1 000	
2nd	R15 000	R1 500	R1 000	R750	R750	
3rd	R10 000	R1 000	R750	R500	R500	
4th	R7 500					
5th	R 5 000					
35KM (FEMALE/MALE)						
1st	R3 000	R750	R500	R400	R300	
2nd	R2 000	R500	R300	R250	R200	
3rd	R1 000	R200	R200	R200	R150	
12KM (FEMALE/MALE)						
1st	R1000	R 400	R 300	R 200	R 200	R500
2nd	R750	R 200	R150	R100	R100	R300
3rd	R500	R100	R100	R100	R100	R200

Cycling

	100KM (FEMALE/MALE)	35KM (FEMALE/MALE)
1st	R5 000	R1 500
2nd	R3 000	R1 000
3rd	R2 000	R750

