



2019 NFB TONY VILJOEN MASTERS MARATHON

QUALIFYING MARATHON FOR 2020 TWO OCEANS & COMRADES
Sponsored by NFB Private Wealth Management
"Fastest Marathon Route on the Border"



WHEN & WHERE

SUNDAY 1st SEPTEMBER 2019 at 6am on the N6 @ COBONGO turn off
DROP and GO, it is unwise to leave your vehicle at the start.
FINISH: BEACON BAY COUNTRY CLUB EAST LONDON

RULES OF THE RACE

THIS RACE IS RESTRICTED TO ATHLETES OVER 30 YEARS OF AGE ON RACE DAY
ONLY FINISHERS WEARING VALID AGE FLASHES WILL QUALIFY FOR THE AGE GROUP PRIZES
MEN and WOMEN: 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+
PRIZES FOR EACH AGE GROUP ARE 1st R250 2nd R200 3rd R150
ALL ATHLETES MUST STAY WITHIN THE YELLOW LINES ON THE N6, BE SAFE NOT SORRY!
Seconding is only permitted within 100 meters of the official water points

HOW DO I ENTER?

Please enter early as only the first 750 entrants will qualify for the NFB race T-shirt
Enter at Sportsman's Warehouse until August 26st - **R160 FOR LICENCED ATHLETES**
OR
Convenient on-line entries at entrytickets.net - **R175 FOR LICENCED ATHLETES**

HOW DO I REGISTER TO RUN?

ALL ATHLETES MUST COLLECT THEIR RACE NUMBERS FROM BEACON BAY COUNTRY CLUB
FRIDAY AUGUST 30th (4pm - 7pm) or SATURDAY AUGUST 31st (2pm - 5pm)
LATE ENTRIES (R160) and TEMP No's (R40) will also be available at registration
Further information: John 084 619 5126 or Sandy 043 735 4149
NO ENTRIES ON SUNDAY (RACE DAY)

SURNAME _____

FIRST NAME _____

CLUB _____

2019 LICENCE NO. _____

TEMP LICENCE NO. _____

ID NUMBER _____

MALE/FEMALE _____

DATE OF BIRTH _____

AGE ON RACE DAY _____

EMAIL _____

CELL NO _____

RUN UNDER ASA & BA RULES

Entrants must be 30 years or older on the day of the race

I hereby declare that I shall participate at my own risk & indemnify the organisers & sponsors of this race against any claim that may result from my participation

SIGNATURE: _____

AGE CATEGORY: MARK WITH AN 'X'

under 35	35- 39	40- 44	45- 49	50- 54	55- 59	60- 64	65- 69	65- 69	75+
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FOR OFFICIAL USE ONLY

RACE NO: