



*The 2<sup>nd</sup> Annual*

# TPT FIRE 55K LONG RUN



Date: 27 April 2017

Start time: 06h30am

Venue: Barnard stadium, Kempton Park

Entry fee: R100.00

For Enquiries:

Nelson Kganyago - Cell: 079 500 8492

Email: [coach@thepodiumteam.co.za](mailto:coach@thepodiumteam.co.za)

F Facebook: TPT - Tshwarano Podium Team

## INDEMNITY:

- ✚ By entering for this event, all entrants participate entirely at their own risk and agree that they shall have no claim whatsoever against the organizers, helpers or sponsors in respect of injury, loss or damage that participants may suffer arising from any injury and/or illness to that person or property, caused directly or indirectly by negligence, albeit gross, of one or more of aforementioned parties.
- ✚ It is the responsibility of each athlete to ensure that he or she is medically fit and healthy to participate in this event.

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#### **RULES & INFORMATION:**

- ✦ This is not an official race therefore no prize money will be awarded. Runners are not required to wear their club vests or license numbers.
- ✦ Entries are limited to 200 runners.
- ✦ Please use your Name & Surname as reference when making payment. Payments without references will NOT be allocated any space on the running list and you may not be allowed to participate on the day.
- ✦ Closing date for entries is 24 April 2017. Entry fee is non-refundable.
- ✦ All enquiries regarding the training run should be forwarded to e-mail address provided. No other e-mail address should be used.
- ✦ Water points every 3km.
- ✦ Bananas, salty potatoes and other will be available at alternating station from 21km.
- ✦ Rescue vehicle on route.
- ✦ Limited first aid available.
- ✦ Participants must keep to the designated route as indicated and obey all traffic rules at all times.
- ✦ No iPods, earphones or other music devices are allowed during the run for safety reasons.

#### **TERMS & CONDITIONS:**

All photos taken at the event by the organizer or their authorized person(s) remain the property of the organizer and can be used for promotional and marketing purposes in future.

#### **BANKING DETAILS FOR DIRECT DEPOSIT:**

Tshwarano Running Club

Standard Bank Savings Account: #023866691

Branch: Kempton Park

NAME & SURNAME AS REFERENCE

CONTACT FOR ANY ENQUIRIES:

Nelson: 079 500 8492 Thompson: 076 143 4701

coach@thepodiumteam.co.za

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