

# Comrades Marathon 2019

# -SIZONQOBA-

## TOGETHER WE TRIUMPH

PROOF OF PAYMENT [OFFICE USE ONLY]	
NAME:	
SURNAME:	
ID:	
STORE SIGNATURE:	

Proudly Presented by Run Zone AC



## COMRADES TRAINING RUN

### EASTER WEEKEND 19-21 APRIL 2019

### NORTHCLIFF COUNTRY CLUB

www.runzone.co.za | events@runzone.co.za | Graham Block 072 276 9635 | Candis Lubbe 084 371 0123

**100KMS Over 3 Days - Day 1 - 50km | Day 2 - 30km | Day 3 - 20km**  
**5, 10 & 15km Options on Sunday ONLY**

**DAY 1 - Friday, 19<sup>th</sup> April | Starts @ 05h00am (50km)**

**DAY 2 - Saturday, 20<sup>th</sup> April | Starts @ 05h00am (30km)**

**DAY 3 - Sunday, 21<sup>st</sup> April | Starts @ 06h00am (20km with 5,10,15km option)**

**RUNNERS MAY START EARLIER ON DAY 1 & 2**

TEAR OFF HERE ✂

**MEMBER DISCOUNT AVAILABLE AT CLUB | ATTACH PROOF OF PAYMENT @ STORE!**

ENTRY OPTION	3 DAY COMBO	DAY 1 SINGLE	DAY 1 SINGLE	DAY 2 SINGLE	DAY 2 SINGLE	DAY 3 SINGLE	DAY 3 OPTION	TOTAL
	100 km	50 km	30 km	30 km	20 km	20 km	5/10/15 km	
ENTRY FEE WITH T-SHIRT (LONG SLEEVE) (20-59YRS)	R280	-	-	-	-	-	-	
ENTRY FEE NO T-SHIRT (20-59YRS)	-	R160	R140	R120	R70	R70	R40	
ENTRY FEE NO T-SHIRT (60-69YRS)	R260	R140	R120	R100	R70	R60	R25	
ENTRY FEE NO T-SHIRT (70+YRS)	R200	R100	R100	R80	R60	R50	FREE	

NAME	SURNAME	ID NUMBER	CLUB	CELLPHONE	EMAIL	SELECT SIZE							TOTAL	
						3 DAY COMBO INCLUDED	XS	S	M	L	XL	XXL		-
						SINGLE DAYS ADD TO ORDER	XS	S	M	L	XL	XXL		R150

**FOR OFFICE USE ONLY**

TOTAL PAID

R

Date : \_\_\_\_\_

Signature : \_\_\_\_\_