

Comrades Marathon 2019

-SIZONQOBA-

TOGETHER WE TRIUMPH

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

Proudly Presented by Run Zone AC

ZONE 100 KM



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 Oplions on Sunday ONLY**

DAY 1 - Friday, 19th April | Starts @ 05h00am (50km)

DAY 2 - Saturday, 20th April | Starts @ 05h00am (30km)

DAY 3 - Sunday, 21st 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 : _____