

Zebra Zamba

6 March 2010



5km

10km

32km

RACE



32km

MOUNTAIN BIKE RACE

Venue:

**Lichtenburg Marathon Club House
Behind Hoërskool Lichtenburg (Carroll Street)**

GPS Coordinates:

Latitude: 26° 8'19.42"S

Longitude: 26° 9'24.10"E

Website:

www.lichtenburgmarathonklub.za.net

**Medals to all finishers
Walkers welcome**



Zebra Zamba

Information/Rules:

Item	Entry fee
5km Fun Run	R15.00
10km	R30.00
32km	R60.00
Temporary Licence	R15.00
32km MTB	R60.00

STARTING TIMES



5km Fun Run	:	07:15
10km	:	07:00
32km	:	06:00
32km MTB	:	10:30



Gazebo's - Clubs may erect gazebo's in specified areas
 There are water tables along the route ± every 3 kilometers
 Online and fax entries closes on: 1 March 2010
 Race day entries at club house: Friday: 16:00 - 18:00 and Saturday from: 04:30
 Lots of fantastic Lucky Draw Prizes

All participants participate at their own risk and the organizers and sponsors will not be held responsible for any theft, injury, illness or accidents during or as a result of the race.

BAD WEATHER - The event will take place regardless of weather conditions. No refunds will be made.

RUNNING AND WALKING

The race will be presented under the rules of Athletics North West North (ANWN) and Athletics South Africa (ASA).

Temporary licensed runners must wear temporary numbers clearly visible front and back

Numeric age category tags must be worn (front and back) and be clearly visible.

No spectators or seconds are allowed to follow the participants in any vehicle during the event

By entering the event the participant confirms that he/she is medically fit for the event.

MOUNTAIN BIKE

The wearing of protective headgear is compulsory - **NO HELMET, NO RIDE!**

All participants are responsible for carrying essential spares

No spectators or seconds are allowed to follow the participants in any vehicle during the event

By entering the event the participant confirms that he/she is medically fit for the event and that the cycle is roadworthy

The MTB event is not affiliated to Cycling South Africa (CSA)

CONTACT DETAILS

MARIËTTE VAN BILJON
 084 550 2006

CORNÉ VAN ROOYEN
 082 254 5224

www.lichtenburgmarathonklub.za.net