



OLD MUTUAL TWO OCEANS MINI MARATHON SERIES



Date Saturday, 24 October 2015
Venue Mandela Park Stadium in Khayelitsha
Time 09:00
Distance 2.1km and 5.6km
Entry Fee Free
Minimum age 6 years for 2.1km and 9 years for 5.6km on race day
Contact Patience Nkholha on 083 946 7154 or Nelson Tshambo on 072 670 3875

*Runners
& Walkers
Welcome!*

NAME: _____ **SURNAME:** _____
AGE: _____ **SCHOOL:** _____
EVENT: _____
RUNNING CLUB: _____
CELL: _____ **DATE:** _____



Indemnification: I am aware that there are risks associated with the race and I accept responsibility for same due to my child / dependant's participation. I and my heirs, next of kin, executors and administrators agree to waive all claims I may have against the Two Oceans Marathon NPC, its officers, employees, agents, representatives, suppliers, subsidiaries and / or affiliates ("TOM"). I hereby indemnify and exclude TOM from all liability including but not limited to personal injury, death, damage to property, or loss, all actions, proceedings and expenses, resulting directly or indirectly from my child / dependent's participation in the race.

Information provided: I hereby consent to the Two Oceans Marathon NPC making use of any information obtained from me for the purpose of advertising future events and for any purpose necessary for this purpose. I confirm they shall have the right to consolidate, disclose and use information acquired through the race for research and / or commercial purposes while maintaining participant confidentiality, including the right to disclose to any third party to whom it may in its sole discretion deem beneficial to do so. They may further disclose this information in response to a specific request by a law enforcement agency, subpoena or court order.

I, the undersigned, (full names) _____ in my capacity as parent or legal guardian of the above dependant, and in respect of whom I warrant that I have the necessary authority and capacity, agree to the said minor / dependant participating in the race and agree that he / she shall be subject to the terms and conditions of this agreement.

Parent / Legal Guardian



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For more information on the series go to www.twooceansmarathon.org.za or contact the Old Mutual Two Oceans Marathon office on 021 799 3040.

RULES AND REGULATIONS

- Pin race entry card to your vest or shorts.
- Participants must wear/carry their race entry cards for the duration of the race.
- Minimum age: 6 years for 2.1km and 9 years for 5.6km on race day.
- Participants must run as directed by race officials; those who do not obey race officials will be disqualified.
- Water table will be at the halfway mark and a cup of Coca-Cola at the finish.
- An opportunity exists for some boys and girls to participate in the Old Mutual Two Oceans Marathon Fun Runs on Good Friday, 25 March 2015 at UCT.
- Athletes run at their own risk and cannot hold the organisers, ASA, WPA, the Two Oceans Marathon NPC or sponsors liable for any injuries or accidents.
- Event organised under the auspices of the ASA and WPA rules and regulations.

ALL FINISHERS RECEIVE A MEDAL

OLD MUTUAL TWO OCEANS FUN RUNS



Date	Friday, 25 March 2016
Venue	Upper Campus Rugby Fields, UCT
Time	10:00 onwards
Distances	56m Nappy Dash 300m Toddlers' Trot 2.1km Fun Run 5.6km Fun Run
Entry Fee	R30



For more information go to www.twooceansmarathon.org.za or contact the Old Mutual Two Oceans Marathon office on 021 799 3040.

Organised by the Two Oceans Marathon NPC and Western Province Athletics.





OLD MUTUAL TWO OCEANS MINI MARATHON SERIES



Umhla
Indawo
Ixesha
Umgama
Imali yokungena
Ubuncikane bomntu

uMgqibelo, 24 October 2015
Mandela Park Stadium eKhayelitsha
09:00
2.1km ne 5.6km
Mahala

*Abakhuphisani
ngobaleka nango
hamba bamkelekile!*

Ekungeneleni umgama ongange 2.1km yiminyaka emithandathu (6), ibe yiminyaka elithoba (9) kumgama ongange 5.6km ngemini yogqatso

Tsalela

uPatience Nkohlha ku 083 946 7154, uNelson Tshambo ku 072 670 3875.

IGAMA:

IFANI:

IMINYAKA:

ISIKOLO:

INQUBO:

UMBUTHO WEMBALEKI:

INOMBOLO KANOMYAYI:

UMHLA:

entry
CARD

Isivumelwano: ndiyayiqonda ukuba bukhona ubungcipheko kolugqatso kwaye ndithathela oluxanduva kum nangantonina engathi yehle emntwaneni wam/ kubantu abaxhomekeke kum abangenelayo. Mna nendlalifa yam, isizalwane sam,umntu otyunjwe ngumthetho kunye nomququzeleli siyavuma ukususa zonke iziphoso endinganazo ngakwi Two Oceans Marathon NPC, abantu bomthetho, abaphangeli, abameli, arhente, abathengisi, amasebe okanye abancedisi (TOM). Ndiyavuma ukuba kuzo zonke indleko ndimbeka ecaleni uTOM ziquka umonzakalo, ukufa, umoshakalo kwisakhiwo okanye ulahleko lwezinto, zonke intshukumo, ingeniso nendleko ezijongene ngqo nomntwana wam/umntu oxhomekeke kum neezisemacaleni kolugqatso.

Inkcukacha: ndiyavuma Two Oceans Marathon NPC angazisebenzisa inkcukaca zam kwintengiso neenqubo ezizayo okanye nantonina yalenyewe. Ndiyavuma banelungelo lokudibanisa, ukuba nokusebenzisa inkcukaca zam abazifumene kolugqatso malunga nokwenza inkangelo nentengiso, noxa kunokhuseleko kwinkcukacha zabangeni nquka nokuzvela amanye amasebe angaphandle anonxumelelwano. Bangaqhubeka bazigqithise ezinkcukaca ukuphendula esosicelo basifumeneyo kwi arhente zamagqwetha okanye incwadi esuka enkundleni yezomthetho.

Mna, umntu otyikityileyo _____ (igama elipheleleyo) umzali okanye umntu ojongene nento yonke yomntu obhalwe ngasentla, ndiyangqina ndinako konke okuvunyelwana ngako ngalo mntwana oyimbaleki kwaye ndiyavuma ukuba naye uyabopheleleka kwizigqibo zalenyewe

Umzali



INGCOMBOLO MALUNGA NE TWO OCEANS MARATHON

Xa ufuna ulwazi oluphangaleleyo iya ku www.twooceansmarathon.org.za okanye uqhagamishelane neofisi yakwa Old Mutual Two Oceans Marathon kule nombolo ethi 021 799 3040.

IMIQATHANGO

- Qhoboshela itikiti lakho lokubaleka kwivesti okanye kwibluhwe yakho emfutshane.
- Itikiti lakho kufuneka libekuwe lixa lonke lokubaleka.
- Ubuncikane bomntu ekungeneleni umgama ongange 2.1km yiminyaka esithandathu(6), ibe yiminyaka elithoba(9) kumngama ongange 5.6km ngemini yogqatso.
- Imbaleki kufuneka zilandele okutshiwo ngumlawuli wogqatso, abo bathe abalandela bakukhutshwa elugqatsweni.
- Kuyakubakho itafile enamanzi esiphakathini sogqatso kuze ekugibeleni ufumaneke isiselo esibandayo.
- Amantombi kwaye namakhwenkwe avumelekile uthatha inxaxheba kolugqatso lwe Old Mutual Two Oceans Marathon nge Pasika, 25 eyoKwindla 2015 eUCT.
- Uyakuthi uzimele nakobuphina ubungozi obuvelayo uASA,WAP noOld Mutual NPC abokungena ndawo.
- Lenqubo iqulungwe ngaphantsi kwemiqathango yakwa ASA no WPA.

BONKE ABAGQIBILEYO UBALEKA UMGAMA OPHELELEYO BAKUFUMANA IMBASA.

OLD MUTUAL TWO OCEANS FUN RUNS

Umhla

Indawo

Ixesha

Umgama

Imali yokungena

Ngolwesihlanu, 25 kweYokwindla 2016
Kwibala lebhola yombhoxo eliphezulu eUCT
10:00 ubheka phambili
56m - intsana ezinomnyaka omnye ukuya kwemithathu(bakwazi uhamba)
300m - intsana ezinemnyaka emine ukuya kwemithandathu
2.1km - umdlalo wobaleka
5.6km - umdlalo wobaleka

R30



OLDMUTUAL
TWO OCEANS
MARATHON

Fun Run

Xa ufuna ulwazi oluphangaleleyo iya ku www.twooceansmarathon.org.za okanye uqhagamishelane neofisi yakwa Old Mutual Two Oceans Marathon kule nombolo ethi 021 799 3040.

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