



NELSPRUIT MARATHON CLUB

www.nelspruitmarathonclub.com



+065 707 0216



info@nelspruitmarathonclub.com



1 Bafana Road, Mattafin, 1205
Mpumalanga, South Africa

Thank you for joining **NELSPRUIT MARATHON CLUB**. We hope that you will enjoy your membership during 2024 and that you will be successful in your running goals, whether these are merely improving your fitness in a social setting, racing competitively or anything in between.

We would very much like club members to get to know each other better in an informal and social setting. After all, running should not be (*just*) about running.

Secondly, the spectacular growth during recent years of our two annual races, the **NMC FAST 3 in 1** and the **KAAPSEHOOP 3 in 1 Marathon**, has greatly increased the administrative and organizational work-load involved in hosting them successfully. Our races attract large numbers of runners from all over the country, and these races are no longer merely local club events, but are showpieces for Nelspruit and for the Lowveld. We always need more willing hands on, before and even after race-day.

In light of the above, we kindly request that you take note of the points listed below and, if you agree with these stipulations, to sign this form.

Nelspruit Marathon Club undertaking and League Participation

I hereby declare that as a member of Nelspruit Marathon Club, I agree to the following:

1. As per the rules of regulations not only of the Nelspruit Marathon Club, but also Athletics South Africa, **I undertake to wear the full club colours of Nelspruit Marathon Club when participating in any official races.** I also undertake to wear the correct and appropriate age category tags to qualify for age- or category prizes when participating in official races.

*Our club colours are old gold and royal blue. The running vests are royal blue and the shorts/skirts are old gold. **NO black or blue shorts or skirts may be worn.** Ski-pants may only be worn on their own only if they are the official royal blue pants with old gold markings.*

● CHAIRPERSON: Jonathan Gininda
● TREASURY : Linda Vreken
● SECRETARY: Morongwa Dlamini

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spoor**



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The new approved club colours must be worn by all club members as approved during the 2023 AGM. This is the vest with the old gold writing. Running any official race in the old vest with white writing could result in your disqualification from that race. Please take note that rules regarding running attire during formal races are contained in the new 2018 ASA race rules, and are not simply Nelspruit Marathon Club rules.

The official running clothes are available at Unity our supplier Monday to Friday

2. I undertake to keep time at least once during the year during our weekly time trials. Each member will be assigned to one of the 4 (four) teams in the club. Your Team Captain will notify you regarding which team you have been assigned to. Allocating club members to teams facilitates the administration of the club and of time trials, but teams will also participate in friendly in-house competitions and challenges, to build team spirit.

Most of these challenges will be on the last Thursday of the month, when we also traditionally have a bring and braai for club members, their family and friends

Please complete and bring together with your completed signed form; copy of ID and ID photo and proof of payment to the club. A hard copy needs to be kept on file as well as to be send to AMPU

Membership as League participant: (please indicate one)

Runner	Walker	Social Member

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Personal Details	
Name	
Surname	
ID Number	
Date of Birth	
Cell number	
Email	
Age	
Physical adress	
Nationality	
Male/female	

Best achievements.....
.....

Singed by

Members signature

Date

Chairpersons approval

Date

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Membership Fees:

New members-Single Membership including the ASA fees for 2024	R250
Junior Membership including the ASA for 2024	R150
Old members- Single Membership including the ASA fees for 2024	R150
Copy of ID required for ASA	

Bank details:

ABSA bank

Branch code 632 005

Account No. 405 537 4317

Ref.no: Initial and Surname + club fees.

(Kindly e-mail your proof of payment to info@nelspruitmarathonclub.com)

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MISCELLANEOUS

Helping out at club races

We kindly request that you indicate whether or not you are willing to assist in working on our official races. "Working" could include any of a number of duties, including helping out at water tables, acting as a race marshall, helping with entries, basic race administration, or any of a number of other duties, as dictated by your willingness and availability. These duties will also not necessarily take place on race day itself but could take place in the days before the race, and will not necessarily preclude your participation in that race. The more people who help, the less time will be required by any given individual.

I am prepared to assist at the following races
(Tick one or more)

NMC Fast 3 in 1

23 March 2024

Kaapsehoop 3 in
1

02 November
2024

Pre/Post-race
(NMC Fast 3 in 1)
Date to be
confirmed

Pre/Post-Race
(Kaapsehoop)
Date to be
confirmed

Time Trials

The club has partnered with Open Time Trial held forth nightly: on Tuesdays respectively

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