



PRETORIA MILITARY
MARATHON CLUB

PRESENTS

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CHERY
CENTURION

SPIRIT OF FLIGHT RACE 2026

RUN THE RUNWAY

INCENTIVE FROM **CHERY CENTURION** FOR
ANYONE WHO BREAKS THE RACE RECORD OF 31.04



12 SEPTEMBER 2026



AFB SWARTKOP



06:30 START



10 KM RUN

STARTS AT 06:30



5 KM FUN RUN

STARTS AT 06:40



600 VITALITY POINTS FOR 10 KM



NO POINTS FOR 5 KM



1500 SPECIAL FINISHER MEDALS



OPEN ENTRIES

01 JULY 2026 – 09 SEPTEMBER 2026
MIDNIGHT

www.entryninja.com



CONTACTS



ALUTA GAOTHOUSE
083 259 9741



KEABETSWE NDLALA
076 109 4561

ENTRY FEES:

- 10 KM - R160 Pre-Entries or R180 on Race Day
- 5 KM Fun Run - R60 Pre-Entry or R80 on Race Day
- Free entry for 70+ athletes
- Temporary Licence - R70
- Online Entries will be open on 01 July 2026 - 09 September 2026 midnight on www.entryninja.com
- Entries will be available at Run-Away Sports in Lynwood, Tshwane Running Shop in Sinoville and Klooper Store at Castle Gate.
- 10km starts at 06:30 and 5km starts at 06:40

10km Run Men/Women Prize Given:

Position	Open	Junior	40-49	50-59	60-69
1	1000	350	400	350	300
2	700	250	300	250	200
3	500	200	200	200	200

10km Walk Men/Women Prize Given:

Position	Open	Junior	40-49	50-59	60-69
1	500	300	400	300	200
2	400	250	-	-	-
3	300	200	-	-	-

5km Fun Run Men/Women Prize Given:

Position	Open	Junior	40-49	60-69	60-69
1	-	150	-	-	-
2	-	100	-	-	-
3	-	70	-	-	-

RULES AND INFORMATION

1. All entrants participate at their own risk and their entry indemnifies the organisers (PMMC) of any liabilities or claims.
2. All entrants must wear valid ASA 2026 license numbers on the back and front (as per the new ASA rules); and race number on the front of the vest.
3. All unlicensed athletes of the 10km race must purchase a temporary license number which must be worn on the back.
4. The race will take place under the rules of ASA and AGN.
5. Race referees' decisions are final.
6. Marshals and traffic official instructions must be obeyed at all times.
7. No seconding vehicles on the route will be permitted during the race.
8. It is the responsibility of each athlete to ensure that he or she is medically fit and healthy to participate in any of the races.
9. All categories may only compete in the age category as entered. The age category must be displayed on the running vest. Walkers should display "W" on the vest and are not allowed to run.
10. The race committee reserves the right to accept or reject any entry.
11. No PMMC members will be allowed to participate.
12. Tog bag facilities are available and are used at own risk.
13. Fast Food and refreshments will be on sale.
14. Wheelchair athletes or stroller will be allowed.
15. No Ipods are allowed.
16. Safe and sufficient parking available.
17. Water points at approximately every 3 kms.
18. Club gazebos are permitted.
19. Minimum age to participate in the 10km race is 14 years.
20. International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if are contenders for Prizes.



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