



## TRAIL RUNNING LEAGUE

<b>LEG ONE</b> 17 May	Wild Olive Estate	08:00
<b>LEG TWO</b> 28 June	Glen Lyon Estate	08:00
<b>LEG THREE</b> 16 July	Bavaria Conservancy	17:30
<b>LEG FOUR</b> 27 August	Wild Olive Estate	17:30
<b>LEG FIVE</b> 24 September	Thaba Nchu Mountain	09:00
<b>LEG SIX</b> 31 October	Halloween run Free State Botanical Gardens Extra Gardens Entrance Fee to be paid	17:30
<b>LEG SEVEN</b> 8 November	Maselspoort Resort Extra Resort	08:00

**ENTRY FEE R70 per leg**

excluding venue fee

visit our website  
[www.pureadventures.co.za](http://www.pureadventures.co.za)  
or [www.facebook.com/pureadventures](http://www.facebook.com/pureadventures)

Training advice available  
[michael@pureadventures.co.za](mailto:michael@pureadventures.co.za)

in association with



**Not for Sale to Persons Under the Age of 18.**

190277





TRAIL RUNNING LEAGUE



Name & Surname: \_\_\_\_\_

Tel: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Gender: \_\_\_\_\_

Medical conditions: \_\_\_\_\_

Juniors  Open 18-39  Vets 40-49  Masters 50+

### INDEMNITY AND WAIVER

We do hereby release and discharge the organizers, any and all sponsors, any and all sponsors, any and all volunteer groups, all medical personnel, any and all above mentioned members and arising out of my participation in this event, including pre and post race activities. I am physically fit and sufficiently trained and experienced for this event and assume all risks for such participation. I accept all rules, conditions and regulations that include the payment of the entry fee and will comply with them. All persons under the age of 18 have to be entered by their legal guardians.

\_\_\_\_\_  
Signature Entrant / Guardian

\_\_\_\_\_  
Date



**UNLOCK EXTRA COLD REFRESHMENT**

**FOR MORE INFO:**  
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michael@pureadventres.co.za  
or www.pureadventres.co.za  
www.facebook.com/pureadventres  
@pureadventres

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