

Our Club Email:

pmmc@pmmcrunning.org.za



Our Club Website

<http://www.pmmcrunning.org.za>

PRETORIA MILITARY MARATHON CLUB

License No 200									
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Personal Details of Member

Initials				Nick Name								Male		Female	
Surname															
Date of Birth	1	9		ID Number											
Postal Address												Postal Code			
Home Address												Postal Code			
Tel no Home										Cell:					
Surname															
Civilian Email Address															

Work Details of Member

Title/ Rank								Force Number							
Unit															
Tel no Work										Fax					
Lotus Notes Email Address															
GroupWise															
Any Other email at Work															

Personal Running Details

Current Personal Best Times on	10Km	21.1Km	32Km	42.2Km
Ultras:	50Km	56Km	89Km	100-160Km

Races you are interested in running in 2006 (Type in if not Listed)

Two Oceans 56Km		Comrades 89Km			
Accom	Tpt	Accom	Tpt	Accom	Tpt

SANDEF CHAMPIONSHIPS

10Km		21.1Km		42.2Km		Ultra (56Km)	
Accom	Tpt	Accom	Tpt	Accom	Tpt	Accom	Tpt

The following Races presented by PMMC you are obligated to render service during at least 3 of the 5 races.

PMMC Night Series 2006			Jackie Mekler (10,25,50Km) 2006			Spirit of Flight 10Km 2006		
Jan	Feb	March	May			Sept		

Note:

To qualify for Merits at end year function and special events during year members must have participated in at least seven league races and have been involved with races in South Africa and the organization of PMMC races.

Members Signature: Date: