



**THE ENGINEERING INSTITUTION
OF ZAMBIA**

**FREE WATER,
FREE HEALTH CHECK UP, FREE T.SHIRT,
MEDALS FOR 10Km RUNNERS**

**PARTICIPATION
FEES**

**Marathon 10Km - K200
Marathon 5Km - K150
Aerobics - K100**



**5Km Fun Walk
10Km Run
Aerobics Mania**

FIRST EVER EIZ SOUTHERN REGION MARATHON AND AEROBICS MANIA.

**COME RUN WITH US WITH THE QUEST TO UNITE
ALL ZAMBIANS ON 23RD OCTOBER 2021.**

REGISTER

<https://forms.gle/gnA5NK25LATx6sCH8>



EIZ Headquarters along Danny Pule Road.



05:45 AM WALK/RUN

06:00 AM AEROBICS

Kindly direct all queries to our communications team on +260 960 373 849