

Volkstrust Marathon Club

42.2km, 32 km, 21.1km, 10km and 4km Race



DATE : Saturday 30 January 2016
TIME : Start 06:00 for Runners and Walkers
Cut off 11:00
VENUE : Start and Finish at VOLKSRUST HIGH SCHOOL
ROUTE : Out and back, undulating course, tarred road, water points every 2km,
42.2km race will include 5km gravel road

Comrades Qualifier. Walkers welcome, as long as they finish at 11:00

All finishers receive a medal.

Prize giving and lucky draw prizes at 11:00

Runners – Gold Medals to first 5 men and ladies in each race. Silver medals to positions 6-15 and bronze medals to all finishers within 5 hour cut-off. Prize money to the first 3 finishers. No category prizes.

Walkers – 1st Walker in each race – Gold Medal + Prize Money

2nd Walker in each race – Silver Medal

3rd and all finishers in each race – Bronze Medal

Refreshments:

School tuck shop will be open.

For further information:

Alwyn Strydom: 081 401 2361

Jopie Jordan

: 083 760 2629

Reiner Stucky : 082 735 1104 or 034 328 1010

Liesel Gadd : 082 903 0377

Sanet Thyse : 034 328 1013

* Race run according to rules and regulations of ASA. The organizers accept no responsibility for any loss, damage or injury suffered by participants

For more information & Entry forms visit our web site at: <http://www.volkstrust.com/marathon>

PRE-ENTER ONLY - PAY ON RACE DAY
ONLINE OR FAX ENTRY TO 086 631 8129

Volkstrust Race Entry Fees

Distance	Starting Time	Pre-Enter and Pay on Race Day
42.2km	06:00	R150
32km	06:00	R120
21.1km	06:00	R100
10km	06:00	R60
4km Fun Run	06:00	R20

Temporary Licenses: R25.00
Grand Masters: Free

Volkstrust Race Prize Money

<u>Runners:</u>	<u>Men And Ladies</u>	<u>42.2km</u>	<u>32km</u>	<u>21.1km</u>	<u>10km</u>
	1 st	R400.00	R350.00	R300.00	R250.00
	2 nd	R350.00	R300.00	R250.00	R200.00
	3 rd	R300.00	R250.00	R200.00	R150.00
<u>Walkers:</u>	<u>Men And Ladies</u>	<u>42.2km</u>	<u>32km</u>	<u>21.1km</u>	<u>10km</u>
	1 st	R300.00	R250.00	R200.00	R150.00

Medals to all Finishers
No category prizes