



Witbank

POWER Run



Hosted by **Eskom Athletics Club Mpu**

DATE: 23 April 2016
VENUE: Eskom Park Witbank
DISTANCES: 32km, 21km, 10km, 4,9km
ENTRIES AS FROM: 05:00 AM
RACE STARTING TIME: 06:00 AM

ENTRY FEE:

<i>4,9km</i>		R30-00
<i>10km</i>		R50-00
<i>21km</i>		R80-00
<i>32km</i>		R100-00
<i>Temp license</i>	-	R25-00
<i>Grand Master</i>		50% Discount
<i>Disabled persons</i>	-	50% Discount

RACE RUN UNDER ASA RULES.

Road Race (10Km, 21Km & 32Km)

Rules & Regulations

Race rules

The race will be run according to the rules of the IAAF and ASA.

Obey all traffic officials and race marshall's.

No seconding will be allowed. **NO DOGS & WHEELCHAIRS**

All athletes will participate at their own risk.

Proof of age (ID) to be produced upon request on day of race.

Registered athletes must wear full club colours.

2016 licence numbers must be worn on the front and back of the vest, even if the race number covers it.

Temporary licences must be worn on the front of the vest.

Age category ID tags must be worn (back and front) by athletes

competing for a category prize AND must be pin on vest by all four corners.

The use of I-pods/earphones during the race will lead to **DISQUALIFICATION.**

- Athletes for 10km must be 14 years or older on the day of the race.
- Athletes for 21km must be 16 years or older on the day of the race.
- Athletes for 32km must be 19 years or older on the day of the race.

Fun Run (4,9km) - Starting time 06:30

Refreshments will be Sold.

MEDALS TO ALL FINISHERS

Gold - Category winners

Bronze - Rest of the finishers

PRIZE MONEY

Please note: I.D.'s are necessary when collecting Prize Money!!

Prize money equal for men & women

CATEGORY	32.2KM	21.1KM	10KM
1 st Open	R 600	R 400	R 200
2 nd Open	R 400	R 300	R 150
3 rd Open	R 300	R 200	R 100
1 st 40+	R 300	R 200	R 150
2 nd 40+	R 250	R 150	R 100
1 st 50+	R 300	R 200	R 150
2 nd 50+	R 250	R 150	R 100
1 st 60+	R 300	R 200	R 150
2 nd 60+	R 250	R 150	R 100
1 st Walker	-	R 200	R 150
2 nd Walker	-	R 150	R 100
1 st Junior	-	R 200	R 150

Contact Persons:

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