

**Eskom
Athletic club
MPU**
in conjunction with
SAVF
Middelburg
Social Office



**4,5km Fun Run & 10km
Race**

Walkers welcome!!

**Date: Wednesday
20 APRIL 2016**

**Venue: SAVF Middelburg
52 Walter Sisulu Street**

Time: Race starts 19:00

Entry fee:

4,5km	R30
10km	R50
Temp license	R25
Grand Master	R30
Disabled persons	R30

Race run under ASA rules.

Entries from 17:00 on day of race.

Road Race (10km)
Starting time – 19:00

Rules & Regulations

- No seconding will be allowed.
- No i-phones or walkmans allowed.
- Obey traffic officials and race marshals.
- Athletes for 10km must be 14 years or older on the day of the race.
- Races presented according to ASA rules.
- All athletes will participate at their own risk.
- Proof of age to be produced upon request on day of race and for collecting prize money.
- Registered athletes must wear full club colours and 2016 license numbers front & back.
- Age category I.D. tags must be worn (back and front) by athletes competing for a category prize and Provincial No. on the front & back

Fun Run (4,5km)

Starting time – 19:00

Athletes will participate at their own risk. The club will not be held responsible for any injury sustained during the race.

Refreshment stall available.

**Medals to all finishers.
Race starts 19.00**



Prize Money

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

Category	10km Men & Ladies
Overall winner 1	R250
Overall winner 2	R200
Overall winner 3	R100
1 ST 40+ (40-49)	R150
2 ND 40+ (40-49)	R100
1 ST 50+ (50-59)	R150
1 ST 60+ (60-69)	R150
Junior (1 ST)	R150
Walkers winner	R150



School prizes

School with most entries - **R750**

School with second most entries - **R 500**

Only more than 20 qualify!

Enquiries

PAUL BESTER
082 966 7767

Race start 19:00

