

RIVERSIDE PARK

10km Charity Road Race 2016

Race winds its way through the Lowveld National Botanical Garden

Spot Prizes to Celebrate
21 years

All finishers receive a MEDAL!

Prize money! Men & Women

1 st Open	R500
2 nd Open	R350
3 rd Open	R250
1 st Vet	R300
1 st Master	R300
1 st Grand Master	R300
1 st Junior	R150
1 st Walker Open	R150

Saturday 11 June

Start/Finish: Boulevard Entrance Riverside Mall
(opposite Spur)

Registration opens: 05h00
Race starts: 07h00

in association with

RISE

fm

LOWVELD
CANOE CLUB

Entrance Fee: R50

Temporary License: R25

Grand Masters and Disabled Persons Free

For more info contact Kuen Pappas 083 256 6591

Rules & Regulations ASA Rules apply. No seconding will be allowed. No i-phones / Walkman's. No dogs. Obey traffic officials and race marshals. Athletes must be 14 years or older on day of race. Race presented according to the rules of the MRR and ASA. 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. Age category ID tags must be worn (back and front) by athletes competing for a category prize. Provincial No. on the front and back. Parking at own risk. NO tog bag area.

Celebrating 21 years of Live, Work, Shop & Play

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10km Charity Road Race 2016

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LOWVELD
CANOE CLUB

Saturday 11 June @ 07h00

Entries from 05H00 on race day

Surname I.D.

First Names

Address

Town Code

Tel No 2016 Licence No

Entry fee R50 Temporary Licence R25

Male Female Date of Birth Age

Club Name Province

Category W J S 40+ 50+ 60+

I declare that I am an amateur and shall participate according to the rules laid down at my own risk, and that I indemnify the organisers and sponsors on this race against any claim which may result from my participation.

Competitor's Signature Date

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