

Eskom Athletic club Mpu

Presents :
**Old Medal
RACE
2016**



4,9km Fun Run & 10km Race

Walkers welcome!!

**Date: Wednesday
7 September**

Venue: Eskom Park Emalaheni

Time: Race starts 19:00



Entry fee:

4,9km	R30-00
10km	R50-00
Temp license	R25-00
Grand Master	Half prize
Disabled persons	Half prize

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.
- No dogs



Fun Run (4,9km)

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.



Spot prizes!



Prize Money

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

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

School prizes

School with most entries - **R550**

School with second most entries - **R 400**

Only more than 20 qualify!

Enquiries

PAUL BESTER

082 966 7767

Venue **G.P.S Co-ordinates**



Route map to venue

