

TRAIL RUN

24 SEPTEMBER 16

20km R100

10km R80

5km R60

START 07:30

WWW.TEENDIEMEER.COM

TEENI

MEER

FEES

Entry excludes entrance to festival. Contact Paul Bester for more info 082 966 7767 ASA Rules apply

Temporary Licence – R 25

Entries: Friday - 17:00 – 19:00 & Saturday - 06:00- 07:30

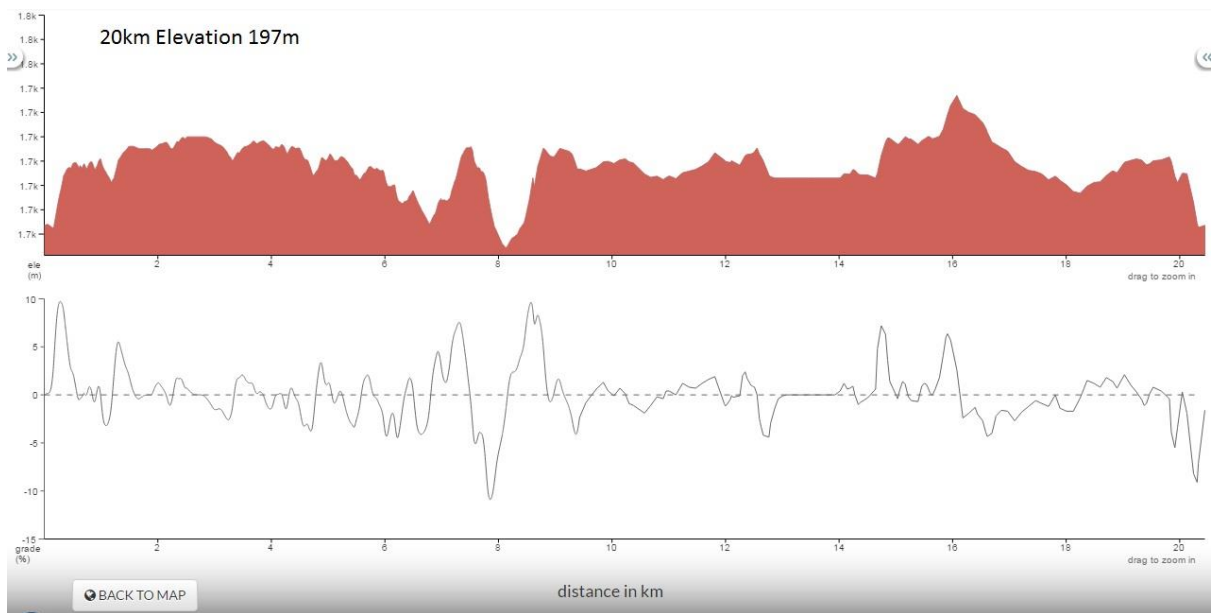
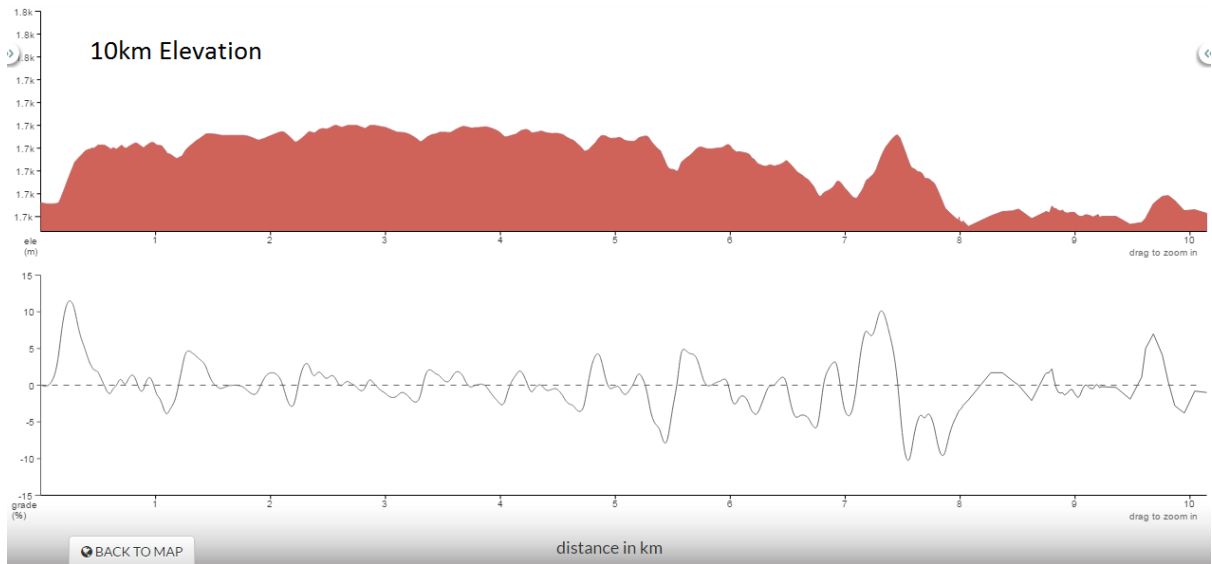
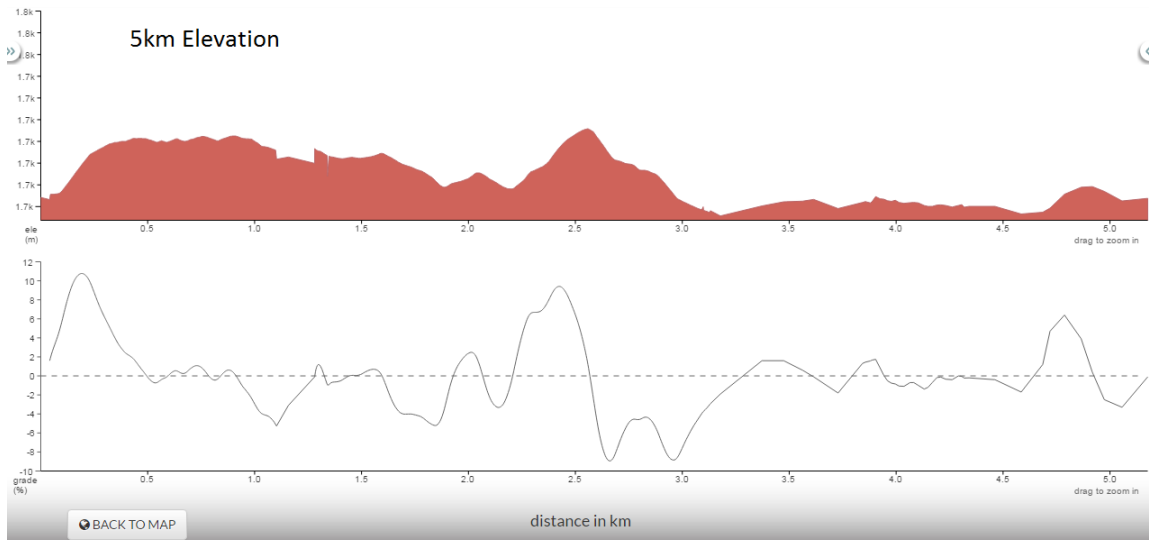
Medals to all finishers

Prize money to men & women

	5km	10km	20km
Open 1	150	200	300
Open 2	120	150	200
Open 3	100	100	150

Rules & Regulations – Run under the rule of IAAF & ASA

- No waterpoints on the route - Carry at least 1 litre Hydration pack
- Hat & Sun lotion recommended
- Follow the route markings and you won't get lost
- Race briefing will be done at start of the race
- Min age for 10km 14 year & 20km 16 years
- No Time restriction on distances
- NO HEADPHONES / EARPHONES
- NO DOGS
- Any race enquiries contact Paul Bester 082 699 7767

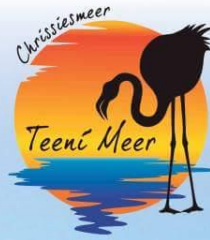


Teeni Meer-fees

Chrissiesmeer

23 & 24 September 2016

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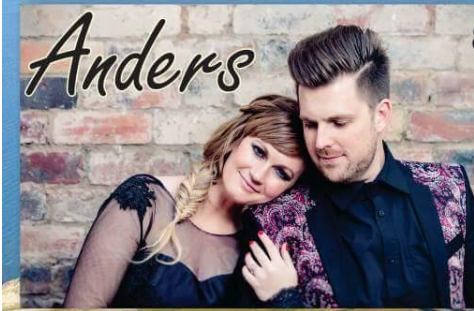
Opelug Plaasdans
saam met
Dewald Dippenaar



Helikopterritte
Sky Divers
Paragliders



Biertent



Anders

Verskeidenheid
stalletjies



Angie

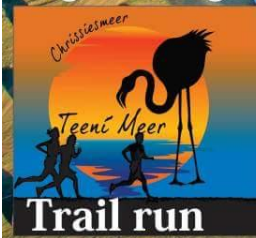
Angie-De-Jager



Trekkertreintjie

Teeni Meer
Sangkompetisie

Working
on Fire
Lugvertoning

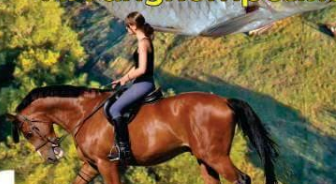


Trail run



Bergfietswedren

Visvangkompetisie



Perdry



Edwardo
Die Kulkunstenaar



ESKOM ATHLETIC CLUB MPU