

**MOVEMBER HALF MARATHON,
10 KM AND 4.9KM**

Hosted by Rooies Athletics Club

DATE: 19 November 2016
TIME: 21.1km and 10km- 06:00
4.9km- 6:30
VENUE: Kees Taljaard Stadium

MEDALS TO FIRST 1350 FINISHERS

ENTRY FEE

21km = R60 10 km = R40
4.9km = R20

Temporary License: R25

Prize Money

Men and Women

21.1 Km		10 Km	
Open: First	R250	Open: First	R200
Second	R200	Second	R150
Third	R150	Third	R100
Veteran	R100	Veteran	R100
Master	R100	Master	R100
Grandmaster	R100	Grandmaster	R100
Junior	R100	Junior	R100
Walker	R100	Walker	R100



RUN ACCORDING TO ASA RULES AND
REFEREES DECISION IS FINAL

- ❖ **Obey All Traffic officials and Race marshals.**
- ❖ **No seconding will be allowed.**
- ❖ **Athletes for 21km must be 16 years or older on the day of the race.**
- ❖ **Athletes for 10km must be 14 years or older on the day of the race.**
- ❖ **Athletes for 4.9km- All ages.**
- ❖ **All athletes will participate at their own risk.**
- ❖ **Proof of age to be produced upon request on day of race.**
- ❖ **Registered athletes must wear full club colors and 2016 license numbers on the back and front of the vest.**
- ❖ **Temp license at the front**
- ❖ **Age category ID tags must be worn (back and front) by athletes competing for a category prize.**
- ❖ **Walkers must have a fixed W on the vest**
- ❖ **NO IPODS ALLOWED DURING THE RACE**

Contact: Theuns Luus: 0836308729

**ALL INCOME WILL GO FOR CANCER AND THIS YEAR
MIDDELBURG MARATHON CLUB, MIDACK AND ESKOM
GIJIMAS ARE INVOLVED**

