

RUN 10km & 4.9km

Middelburg

FERRROCHROME

NIGHT Race



WED 25 Jan '17
19:00pm

ENTRY FEES		Category Prize Money 10k (men & ladies)				
10km	R40	<i>Gold Medals "1st 20"</i>				
FuN RuN	R30	250 Medals - 10k	1st	2nd	3rd	
Temp Licence	R30	500 Medals - Fun Run	Open Run	R300	R200	R100
			Open Walk	R150		
			40-49	R100		
			50-59	R100		
			60+	R100		
			70+	R100		
			Junior	R100		

RUNNING IS A GIFT

MIDACK

ASA & IAAF Rules apply (See reverse side)

Kees Taljaard Stadium

<http://athleticsmpumalanga.co.za/rules-regulations/>

Middelburg

Note: Reflective Belt/Light required

enquiries:

James: 082 443 4193

SPOT PRIZES

Burnette: 084 880 3608