



# Witbank

# POWER Run



*Hosted by* **Eskom Athletics Club Mpu**

**DATE:** 14 January 2017  
**VENUE:** Eskom Park Witbank  
**DISTANCES:** 32km, 21km, 10km, 4,9km  
**ENTRIES AS FROM:** 05:00 AM  
**RACE STARTING TIME:** 06:00 AM

## **ENTRY FEE:**

<i>4,9km</i>	<b>R30-00</b>
<i>10km</i>	<b>R50-00</b>
<i>21km</i>	<b>R80-00</b>
<i>32km</i>	<b>R100-00</b>
<i>Temp license</i> -	<b>R30-00</b>
<i>Grand Masters &amp; Disabled</i>	<b>10km R 30</b>
	<b>21km R40</b>
	<b>32km R 50</b>

## **RACE RUN UNDER ASA RULES.**

**Road Race (10Km, 21Km & 32Km)**

### **Rules & Regulations**

#### **Race rules**

The race will be run according to the rules of the IAAF and ASA.  
Obey all traffic officials and race marshall's.

No seconding will be allowed. **NO DOGS & WHEELCHAIRS**

All athletes will participate at their own risk.

Proof of age (ID) to be produced upon request on day of race.

Registered athletes must wear full club colours.

2016 / 2017 licence numbers must be worn on the front and back of the vest, even if the race number covers it.

Temporary licences must be worn on the front of the vest.

Age category ID tags must be worn (back and front) by athletes

competing for a category prize AND must be pin on vest by all four corners.

The use of I-pods/earphones during the race will lead to **DISQUALIFICATION.**

- Athletes for 10km must be 15 years or older on the day of the race.
- Athletes for 21km must be 16 years or older on the day of the race.
- Athletes for 32km must be 19 years or older on the day of the race.

***Fun Run (4,9km) - Starting time 06:30***

***Refreshments will be Sold.***

**MEDALS TO ALL FINISHERS**

***Gold - Category winners***

***Bronze - Rest of the finishers***

**PRIZE MONEY**

**Please note: Proof of ID. is necessary when collecting Prize Money!!**

**Prize money equal for men & women**

<b>CATEGORY</b>	<b>32.2KM</b>	<b>21.1KM</b>	<b>10KM</b>
1 <sup>st</sup> Open	R 600	R 400	R 200
2 <sup>nd</sup> Open	R 400	R 300	R 150
3 <sup>rd</sup> Open	R 300	R 200	R 100
1 <sup>st</sup> 40+	R 300	R 200	R 150
2 <sup>nd</sup> 40+	R 250	R 150	R 100
1 <sup>st</sup> 50+	R 300	R 200	R 150
2 <sup>nd</sup> 50+	R 250	R 150	R 100
1 <sup>st</sup> 60+	R 300	R 200	R 150
2 <sup>nd</sup> 60+	R 250	R 150	R 100
1 <sup>st</sup> Walker	-	R 200	R 150
2 <sup>nd</sup> Walker	-	R 150	R 100
1 <sup>st</sup> Junior	-	R 200	R 150

**Contact Persons:**

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