



**ESKOM ATHLETIC CLUB MPU
PRESENTS:**

Spur Steak Ranch Race 08/03/2017

DATE: 8 March 2017

VENUE: Misty Creek Spur

Cnr Paul Sauer & Da Vinci St, Shop 1, Ben Fleur Boulevard Shopping Centre
Ben Fleur, Emalahleni

TIME: Starts at 19:00

DISTANCES: 4.9 Fun Run & 10Km

ENTRIES: As from 17h00

ENTRY FEES:

4.9Km R30

10 Km R50

Temporary License R30

Grand Masters R30

Disabled Persons R30

Cut-off time: 1:45

**MEDALS TO ALL FINISHERS
THERE WILL BE PRIZE MONEY FOR
ALL CATEGORIES**

ASA Rules apply

Rules & Regulations

No seconding will be allowed.

No i-phones or Walkman's allowed.

No dogs.

Obey traffic officials and race marshals.

Athletes for 10km must be 15 years or older on the day of the race.

Races presented according to the rules of the IAAF and ASA.

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 colors and 2017 license numbers on the front & back.

Age category I.D. tags must be worn (back and front) by athletes competing for a category prize.

Provincial No. on the FRONT and back.

Parking at own Risk . NO TOG BAG AREA.

CONTACT DETAILS:

PAUL BESTER (ESKOM ATHLETIC CLUB MPU): 082 966 7767

Prize money equal for men & women

CATEGORY	10KM LADIES	10KM MEN
1 st Open	R200	R200
2 nd Open	R150	R150
3 rd Open	R100	R100
1 st Vet - 40 +	R150	R150
1 st Master – 50+	R150	R150
1 st Grand Master 60+	R150	R150
1 st Junior	R150	R150
1 st Walker Open	R150	R150



**GPS
CO-ORDINATES
25.901715
29.269037**

Misty Creek Spur

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