

NASHUA
ANGA

LAERSKOOL



DENNESIG

**NITE RACE
& FUN RUN**

Race presented by ROOIES ATLETIEKKLUB

14 FEB 2018

19:00

LAERSKOOL DENNESIG

MEDALJES / MEDALS:

First 1500 finishers;

1200 on the 4,9 km 300 on the 10km

INSKRYWINGSFOOI / ENTRY FEE

10km = R50 4,9km = R30

Tydlike lisensie / Temporary license = R35

KATEGORIEPRYSE / CATEGORY PRIZES (10KM)

DAMES & MANS / LADIES & GENTS

1st Junior, 1ste Ope, 2nd Open, 3de Ope, 1ste 40+, 1st 50+, 1ste 60+

1st 70 en/and 1ste Stapper / Walker

AFSNYTYD / CUT OFF TIME: GEEN / NONE

Spotpryse om te wen! / Prizes to be won! R5,00

***RUN ACCORDING TO ASA RULES
REFEREES DECISION IS FINAL***

- ✓ Obey all Traffic Officials and Race Marshalls.
- ✓ No seconding will be allowed.
- ✓ 10km Athletes must be 15 years or older on the day of the race.
- ✓ 4,9km Athletes: All ages and even families with prams are welcome.
- ✓ All athletes will participate at their own risk.
- ✓ Proof of age to be produced upon request on the day of the race.
- ✓ Registered athletes must wear full club colours and 2018 license numbers on the back and front of vest.
- ✓ Temporary license must be attached to the front of the vest.
- ✓ 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** i-Pods, MP3, Headphones allowed during the race.
- ✓ Headlamps are advisable

CONTACT: LAERSKOOL DENNESIG (013) 245-1034/5

or THEUNS LUUS 083 630 8729

Verversings sal verkoop word.

Refreshments will be sold.

NASHUA
MPUMALANGA