

CR SWART



Silver



NIGHT RACE

7 August 2019 | 19:00 | Laerskool CR Swart

Hosted by L/s CR Swart & RWFL MPL

*All that glitter isn't gold - it is SILVER!
Paint your nails, paint your face, wear you glitziest glitter outfit and let's paint Middelburg in sparkling silver glitter!*



Entry Fee:	
4.9 km	R30-00
10km	R60 00
Temporary License	R40-00

If athlete doesn't have a permanent license they need to buy a temporary one. No athlete will be allowed on the 10km without a license.

Entries: At the venue from 18:00 on race day.

☺ Please wear reflective gear / head lamps

🏅 Medals to all finishers!

🍌 Refreshments and Food Stalls available.

Prizes (10km)							
Category:	OPEN	40+	50+	60+	70+	Junior	Walker
Men	1-R300 2-R200 3-R100	R100	R100	R100	R100	R100	R100
Women	1-R300 2-R200 3-R100	R100	R100	R100	R100	R100	R100

**Enquiries: Tinus
072 384 9443**

RULES & INFORMATION

- Race held under rules of AMPU, ASA and IAAF.
- REFEREES DECISION IS FINAL.
- Obey all traffic officials and race marshals.
- No seconding will be allowed.
- Ages: Athletes running 10km must be 14 years or older on the day of the race. 4.9km – no restriction.
- Proof of (ID) to be produced upon request on the day of race.
- All athletes will participate at their own risk.
- Registered athletes must wear full club colours (10km).
- Temp license number on the front of the vest.
- Remember to fill in the temporary license tear-off slip and give back to the organizer.
- Age category ID tags must be worn (back and front) by athletes competing for a category prize AND must be fixed on the vest on all four corners.
- Walkers must have a fixed W on the vest to qualify for any prizes.
- 12% Levy of entry fee must be paid over to Athletics Mpumalanga by race organizer.
- No earphones allowed during the race.