Eskom Athletic club Mpu

Presents:

Old Medal **RACE** 2016



4,9km Fun Run & 10km Race

Walkers welcome!!

Wednesday Date:

7 September

Venue: Eskom Park Emalahleni

Race starts 19:00

Entry fee:

4.9km R30-00 10km R50-00 Temp license R25-00 **Grand Master** Half prize Disabled persons Half prize

Race run under ASA rules.

Entries from 17:00 on day of race.

Road Race (10km)

Starting time - 19:00

Rules & Regulations

- > No seconding will be allowed.
- → No i-phones or walkmans allowed.
- → Obey traffic officials and race marshals.
- → Athletes for 10km must be 14 years or older on the day of the race.
- > Races presented according to ASA rules.
- → 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 colours and 2016 license numbers Front & back.
- → Age category I.D. tags must be worn (back and front) by athletes competing for a category prize and Provincial No. on the front. No dogs

Fun Run (4,9km)

Starting time - 19:00



Athletes will participate at their own risk, the club will not be held responsible for any injury sustained during the race.

Refreshment stall available.

Medals to all finishers.







Prize Money

Please note I.D.'s is necessary when collecting Prize Money!!

Category 10km
Men &
Ladies

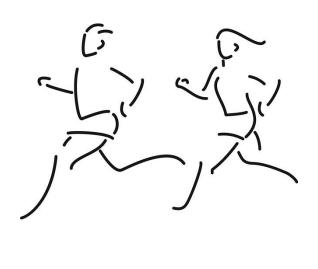
Overall winner 1 R250
Overall winner 2 R200
Overall winner 3 R100
Veteran (40-49) 1 R150
Veteran (40-49) 2 R100
Master (50-59) R150
Grand Master (60-69)

School prizes

School with most entries - **R550** School with second most entries - **R 400** Only more than 20 qualify!

Enquiries

PAUL BESTER 082 966 7767 Venue **G.P.S Co-ordinates**



Route map to venue

