



LEGOGOTE VILLAGERS

Presents

"BUILD IT GOD'S WINDOW
21km, 10km & 5km Race"
AT GRASKOP



DATE: Saturday 01 October 2016

TIME: 07h00

VENUE: Graskop Caravan Park

ENTRY FEE: R70 (Grandmasters FREE)

21 KM RUN: R40.00

10 KM RUN: R15.00

5 KM RUN: Scenic Out & Back

ROUTE:

ENTRIES ON DAY OF RACE FROM 05H30:

OR ONLINE AT www.legogotevillagers.co.za

TEMPORARY LICENCES AVAILABLE R25.00

PRIZE GIVING 10H15

MEDALS TO ALL FINISHERS IN ALL RACES

PRIZE MONEY:

10km Open: 1st-R250/2nd-R150/3rd-R100 21km Open: 1st-R500/2nd-R300/3rd-R150

1st Junior R100 1st Junior R150

1st + 40 R100 1st + 40 R150

1st + 50 R100 1st + 50 R150

1st + 60 R100 1st + 60 R150

1st walker R100 1st walker R150

WALKERS WELCOME

ENTRY FORM 01 OCTOBER 2016

Entries on day of race from 05h30

Surname:

Name:

Address:

Identity No.: Age:

Tel. No.:

E-mail:

Club:

2016 Licence No.: Sex M/F:

21km ☐ 10km ☐ 5km ☐

I participate at my own risk and hereby indemnify the organizers and sponsors from any claim that may arise from my participation.

Race is according to IAAF- & ASA rules * Cut-off time 10h00 *Obey all traffic officials and race marshals

*No seconding will be allowed *Athletes for 12km must be 18 years older on race day *Proof of age (ID) to be produced upon request on day of race *Registered athletes must wear full club colour *2016 license numbers must be worn on the front and back of the vest

*Temp licenses on the front *Age category ID tags must be worn (back to front) by athletes competing for a category prize AND must be fixed on all 4 corners *Walkers must have a W on the vest to qualify for prizes *No iPods allowed during the race

COMPETITORS SIGNATURE

DATE

FOR ACCOMMODATION, PLEASE CONTACT

GRASKOP HOLIDAY RESORTS (013) 767 1013

EMAIL: info@graskopresorts.co.za

RACE ENQUIRIES, CONTACT

ASHLEY 081 305 3575

ANDRE 084 516 8374

THE RACE IS TO BE RUN UNDER THE AUSPICES OF
MPUMALANGA ROAD RUNNING AND ASA