

# ROOIES TEKKIES NAGWEDLOOP

## Description of race distances:

**10km & FUN RUN**

**DATE:** 19 SEPTEMBER 2018

**TIME:** 19H00

**VENUE:** HTS MIDDELBURG, A RUGBY VELD, MIDDELBURG

**HOST:** ROOIES ATLETIEKKLUB

## MEDALS & PRIZES

**Men & Ladies Price money**

**Entry fee**

1 <sup>st</sup> Open	R300
2 <sup>nd</sup> Open	R200
3 <sup>rd</sup> Open	R150
1 <sup>st</sup> Junior	R200

4.9km	R30
10km	R50
Temporary Licenses	R30

**Cut off time: NO**

**Referees DECISION IS FINAL**

Obey all **TRAFFIC OFFICIALS AND RACE MARSHALS.**

The race will be run according to the rules of the IAAF and ASA

No seconding will be allowed.

Ages: Athletes for 10km must be 14 years and older on the day of the race.

**ALL ATHLETES WILL PARTICIPATE AT THEIR OWN RISK, CLUB WILL NOT BE HELD RESPONSIBLE FOR ANY INJURIES OCCURRED DURING THE RACE.**

Proof of age (ID) must be available upon request on day of race.

Registered athletes must wear full club colours

2016 license numbers on **the front and back** of the vest.

Temp license at the front of the vest

Age category ID tags must be worn (back and front) by athletes competing for a category prize AND must be fixed on vest, on the four corners

Walkers must have a fixed **W** on the vest

**No I-pods allowed during the race.**

ENQUIRIES: THEUNS LUUS- 083 630 8729

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