PRIZES

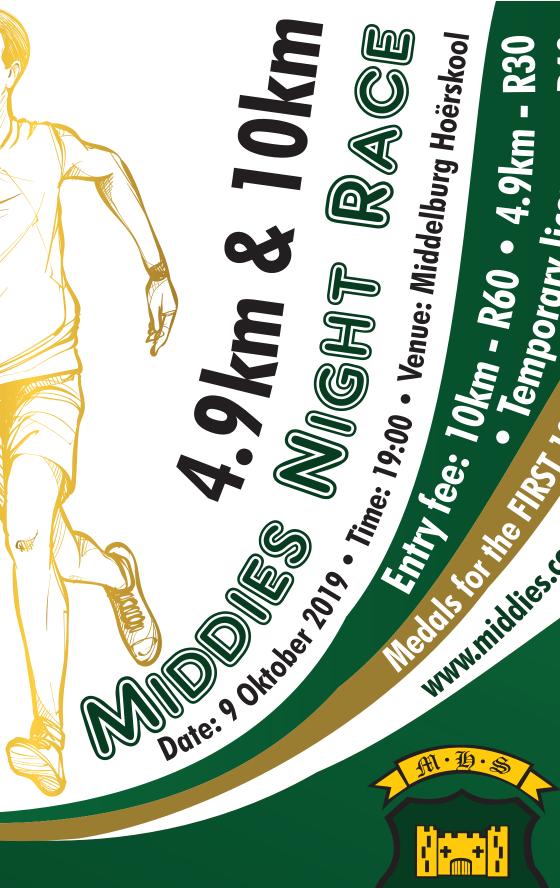
 Men & ladies Prize money

1st Open **R300** 1st Junior **R300** 1st 40+ **R300** 1st 50+ **R300** 1st 60+ **R300** 1st 70+ **R300**

2nd (above categories) R200 Primary school

with the most entries - R1 000

* Minimum 30 entries



For more information contact Paul Bester at 082 966 7767





RULES AND REGULATIONS: 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 or older on the day of the race. • Proof of age (ID) to be produced upon request on day of race. • All athletes will participate at their own risk. • Registered athletes must wear full club colours. • 2019 license numbers on the front and back of the vest. • Temporary license at the front on the vest. • Remember to complete the Temporary license tear off slip immediately and hand it 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 (all 4 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 I-pods allowed during the race.