



LAERSKOOI DENNESIG



Laerskool Dennesig



NASHUA

NITE RACE- 10 KM

FUN RUN- 4,9 KM

RACE PRESENTED BY ROOIES ATLETIEKKLUB

WEDNESDAY, 9 FEBRUARY, 19:00

VENUE: LAERSKOOI DENNESIG

Dennies ondersteun hardloop veiligheid:

*Dra koplampe/ glimbaadjie/ glimstrook/ neonstrootjies,
Wear head lamp/ reflector jacket/ reflector strip/ neon straws.

MEDALJES/ MEDALS (1000)

INSKRYWINGSFOOI/ ENTRY FEE;

10 km- R70 4,9 km- R40

KATEGORIEPRYSE/ CATEGORY PRIZES- 10 KM

Dames & Mans/ Ladies & Gents

1st open: R500/ 2nd open: R300/ 3rd open: R150/ 1st Junior:
R150/ 1st 40+: R150/ 1st 50+: R150/ 1st 60+: R150/ 1st 70+: R150

4,9 km: 1ste Man/ Dame: Geskenkbewys

1st Male/ Female: Gift Voucher

AFSNYTYD/ CUT OFF TIME: GEEN/ NONE

Fantastiese spotpryse: R 5,00

Fantastic spot prices: R5,00

**RUN ACCORDING TO ASA, AMPU RULES AND COVID REGULATIONS.
REFEREE'S DECISION IS FINAL.**

- *Obey all Traffic Officials and Race Marshalls.
- *No seconding will be allowed.
- *10 km Athletes must be 14 years or older on the day of the race.
- *4,9 km Athletes: all ages and even families with prams are welcome.
- *All athletes will participate at their own risk.
- *Proof of age to be produced upon request.
- *Registered athletes must wear full club colours and 2021 license numbers on the back and front vest.
- *Temporary license for 10km must be attached to the front of the vest (R40).
- *Age category ID tags must be worn (back and front) by athletes competing for a category prize.
- *No iPods, MP3, headphones allowed during the race.
- *Headlamps are advisable.

COVID REQUIREMENTS:

- *Face mask at start and finish point.
- *Social distance.
- *Sanitize regularly.
- *Entry from 17:00.

**CONTACT: LAERSKOOI DENNESIG (013) 245-1034/5 OR
THEUNS LUUS: 083 630 8729**

Verversings sal verkoop word/ Refreshments will be sold.



NASHUA