

Ceres®

The perfect place to grow juice

Mitchell's Pass Half Marathon

10km Road-race at 07:15 & 5km Fun Run at 08:00

Saturday
Saterdag

29 Oktober 2022

At
Om

07:00

*PLAAS UTDAAGWEDLOOP / FARM CHALLENGE RACE
BOLAND LIGA WEDLOOP / LEAGUE RACE*

1000 Goody Bags for pre-entries + a chance to WIN R500 in a lucky draw !

Closing date for pre-entries is 21 Oktober 2022

In accordance with the rules of the ASA and BA

Enter online at www.topevents.co.za

Half Marathon / 10km Registration	05:30
Half Marathon	07:00
10km Road Race	07:15
Fun Run 5km	08:00
Breakfast available from	07:30
Prize-giving	10:30

Stalls with local produce, refreshments and entertainment.

See you in Ceres !!

GPS: S33.37 18 25 E19.29 85 89

Please phone the Ceres Tourism Bureau on **023-316-1287** or fax **086-5050-455**.



ENTRY FORM

RACE: 21km 10km

FIRST NAME:
 SURNAME:
 POSTAL ADDRESS:
 POSTAL CODE:
 EMAIL:
 CELL: DOB:
 ID no: GENDER: M F

AGE ON RACE DAY: AGE CATEGORY: JUNIOR SENIOR 40-49 50-59 60-69 70+ FREE ENTRY

2022 LICENCE NO:

LICENSED RUNNER: Y N CLUB (IN FULL:

PROVINCE:

Number of Mitchell's 21km completed

Alle Deelnemers / All Competitors:

Hiermee verklaar ek dat ek 'n amateur is en dat ek op eie risiko deelneem en ook die organiseerders en borge vrywaar van enige eis wat deur my deelname mag voorkom. / I declare that I am an amateur and that I shall participate in this race at my own risk and indemnify the organisers and sponsors of this race against any claim which may result from my participation.

Inskrywingsfooi / Half Marathon R 120,00
 Entry Fee 10km Road Race R 100,00
 Tydelik / Temporary R 60,00

Competitor's Signature / Handtekening van deelnemer

TOTAAL / TOTAL R

GENERAL INFORMATION / RACE RULES

1. Time - Half Marathon: 07:00
2. Time - 10km race: 07:15
3. A licence number valid for 2022 or temporary number must be displayed on every athlete's vest during the race.
4. A race card must be handed in at the finish.
5. No seconding will be allowed.
6. Medals on receipt of race card.
7. The time limit for the half marathon is 3 hours 30 min.
8. Minimum age: 10km - 15 years ; 21km - 16 years.
9. Numerical age category tags must be worn clearly on the front and back to qualify for age category prizes. Proof of age may be required.
10. Start and finish for both events: Victoria Park.
11. Prizegiving will take place at 10:30
12. Entry fees will not be refunded unless entry is rejected.
13. Entries accepted on morning: Saturday 29 Oktober 05:30 - 06:45.
14. Closing date/Sluitingsdatum 21 Oktober for/vir pre-entries/voorafinskrywings

MEDALS

21km	10km		
	First	- Gold	Medals on receipt of a race card. Pre-entries 500 Goody Bags + chance to win R500 Lucky Draw!
	Second	- Silver	
Next	- Bronze		

Cut-off 3:30

FUN RUN - 5KM - R15

1. Time: 08:00
 2. Entries: On the morning of the race
 3. 500 Medals
- Inter-primary School Competition:
First 10 finishers = Shield + R1000

ENQUIRIES: Roy Abrahams - 072 709 7003
 Nico Jansen - 078 882 5299

PRIZES

HALFMARATHON	1	2	3
OPEN	R1300	R1050	R800
40+	R320	R220	R180
50+	R320	R220	R180
60+	R320	R220	R180
70+	R320	R220	R180
JUNIORS	R100		
TEAM	4 x R100		
10 KM RACE	1	2	3
OPEN	R800	R550	R350
40+	R280	R180	R120
50+	R280	R180	R120
60+	R280	R180	R120
70+	R280	R180	R120
JUNIORS	R550	R350	R250
TEAM	4 x R80		

ROUTE RECORD

21 KM
 Men - 1:07:56 - Qhina Mthandazo (2015)
 Ladies - 1:25:48 - Nomvuyisi Seti (2018)

10 KM
 Men - 31:13 - William Kaptein (2011)
 Ladies - 38:03 - Bernette Cotter (2015)

CHEQUES PAYABLE TO: CERES ATHLETIC CLUB

BANK: ABSA CERES • BRANCH CODE: 632005 • ACCOUNT NUMBER: 92 5464 8049
 EMAIL DEPOSIT SLIP AND ENTRY FORM TO njansen2003@hotmail.com