

Start & Finish: Four Brother Potato Store (R404 – between airport and Blanco)

www.entrytime.com

Enquiries: 083 376 7414 or 083 477 4780

Late entries:

Late entries on 26 October 2018 from 16:30 till 18:00 at Sportscentre

NO RACE DAY ENTRIES



Held under the rules of ASA, ASWD and IAAF







This event is timed by an electronic chip

NO CHIP NO RESULT



Prize Money 10km Run

Position	Men/Women Open	Men/Women 40-49	Men/Women 50-59	Men/Women 60-69	Men/Women 70-79	Men/Women 80+	Men/Women Junior	Men/Women Walk
-1	R300	R100	R100	R100	R100	R100	R100	R100
2	R200	R75	R75	R75	R75		R75	R75
3	R100							

MEDALS

10km Gold - First 5 Men and 5 Women Silver - next 50 Bronze - next 140

Prize Money 21.1km Run

Position	Men/Women Open	Men/Women 40-49	Men/Women 50-59	Men/Women 60-69	Men/Women 70-79	Men/Women 80+	Men/Women Junior	Men/Women Walk
1	R700	R150	R150	R150	R150	R150	R150	R150
2	R600	R100	R100	R100	R100		R100	R100
3	R500							
4	R400							
5	R300							
6	R200							
7	R100							

MEDALS

21.1km Gold - first 5 men and 5 women • Silver - next 50 • Bronze - next 90

RACE TIMING:

An IPICO timing chip will be made available, on a loan basis, to all participants apart from ASWD licensed athletes who are to use their current personalised chips. The chip is to be worn on your shoe for the duration of the event. The loan chips are to be handed back at the end of the race in exchange for a medal. Participants will be held responsible for lost or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizer even in the event of not completing the race.

NO CHIP NO RESULT

