



NASHUA

NITE RACE- 10 KM

FUN RUN- 4,9 KM

Race presented by Rooies Atletiekklub

Wednesday, 8 February 2023, 18:00

Venue: Laerskool 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- R80 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/

4,9 km: 1ste Man/ Dame: Goue Medalje

1st Male/ Female: Gold Medal

Afsnytyd/ Cut off time: Geen/ None

Fantastiese spotpryse: R10,00

Fantastic spot prizes: R10,00

Run according to ASA and AMPU Rules.

Referee's decision is final.

Participant Requirements:

*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 2022 license numbers on the back and front vest.

*10 km Temporary license (R40) must be attached to front of vest.

*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.

Entries:

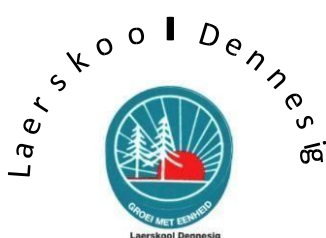
Entries from 16:00 at Laerskool Dennesig, CR Swart Street,
Dennesig.

Contact:

Laerskool Dennesig (013) 245-1034/5 or

Theuns Luus: 083 630 8729

Verversings sal verkoop word/ Refreshments will be sold.



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