

SPAR



Q SQUARE

VALENTINE'S



NITE RACE

10 ♥ 5

13 February 2019 @ 18h30

Church-Square, High Street, Worcester

Supported by



BREED VALLEY



(076) 485-5371



worcester.athletics@gmail.com

RACE RULES

Athletics South Africa and Boland Athletics Rules shall apply.

Both ASA license numbers and Category tags must be worn on the front and the back of the vest. Licensed athletes must run in club colours.

Entry cards must be in the athlete's possession during the race.

Participants must obey instructions of marshals and traffic officers.

Athletes will only be eligible for prize money in the age category prize in which they enter, except should they also place in the open category.

Prize winners must be present at the awards ceremony to collect their prizes.

ENTRIES

Enter at SPAR Q-Square, High Street from 16h00 on race day.

10km Adults R60, Juniors R30. (Age restriction: 15 years +)
Unlicensed athletes must purchase a temporary licence at R40

5km Adults R30,
Learners 9 years + R20. (Age restriction: 9 years +)

INDEMNITY

Although every care will be taken to make the event as safe and secure as possible, the organisers, its sponsors and service providers accept no responsibility for any accident, injury or loss resulting from participation in the race.

OTHER INFORMATION

Time limit: 1 hour 30 minutes.

PRIZE MONEY

10 Km	Open	Junior	40+	50+	60+	70+	80+
1st	1 000	600	400	400	300	300	300
2nd	700	400	300	300	200	200	200
3rd	500	300	200	200	100	100	100

5 Km	Open
1st	300
2nd	200
3rd	100

Prize-giving Ceremony on Church Square @ 20h00

Medals to all finishers

