

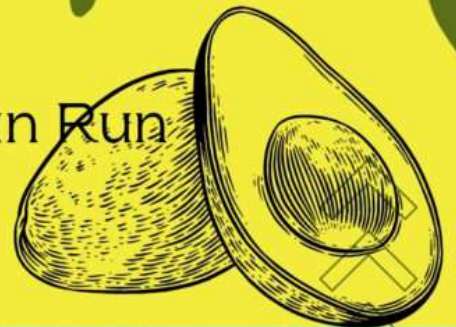
32ND RACE THROUGH THE ORCHARDS

HALLS
— EST 1890 —



Halls Gateway to the Lowveld
26 August 2023 – Start Time 6:30

Race distances:
21km – 10km – 4.9km Fun Run



**NEDBANK
RUNNING
CLUB**

Online entries @ www.entrygeek.co.za

Entries close midnight on 24 August 2023

Entry fees: 21km @ R150; 10km @ R100; Fun run @ R70

21km/10km Temporary no club affiliation licenses available with online purchases

MEDALS TO ALL FINISHERS

Contact Sue for more information on 083-743-8593



Rules:

1. The Race will be run according to AMPU & ASA rules
2. REFEREES' DECISION IS FINAL
3. Obey all Traffic Officials and Race Marshals

CUT OFFS

1. 21,1KM - 6H30 START - 3 hour cut off
2. 10KM - 6H30 START - 2 hour cut off

House Rules:

1. Ages: Athletes for 10km must be 14 years or older, 21.1km 16 years or older, on the day of race
2. Proof of age(ID) to be produced upon request on day of race.
3. All athletes will participate at their own risk and by entering the event they acknowledge that they are medically fit to participate.
4. Registered athletes must wear full club colours.
5. 2023 License numbers on the front and back of the vest.
6. Temporary license must be fixed on the back of the vest for 10km and 21.1km only.
7. Age category ID tags must be clearly displayed for the duration of the event. (back and front) by athletes competing for a category prize AND must be fixed on all four (4) corners and not to be covered by rain jacket or any shirt.
8. ASA license numbers must not be covered with any paper race numbers/race bib.
9. Walkers competing for the Walkers prize must have the "W" fixed on the left front and back of the vest on all four (4) corners must be fixed.
10. There will be a prize giving. Prize money will be transferred electronically. Please bring Bank Details and ID
11. No littering, please make use of waste boxes at the start and finish - RUN CLEAN!
12. All participants must take note that photographs might be taken at the event and placed on social media.
13. The use of earphones during the race is not allowed and will lead to disqualification.
14. T's and C's on Entrygeek.com, by entering you are presumed to have read the Rules, Terms and Conditions

Prize Money:

21 Km Race

1st Open	R1 000
2nd Open	R 750
3rd Open	R 500
1st Junior	R 300
1st Veteran(40+)	R 300
1st Master(50+)	R 300
1st Walker	R 300

10 Km Race

1st Open	R 750
2nd Open	R 400
3rd Open	R 300
1st Junior	R 200
1st Veteran(40+)	R 200
1st Master(50+)	R 200
1st Walker	R 200

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