



## *Coaldust Clock-the-Kilos Circuit Challenge*

*YOU decide how long you would like to run, enter for that time, run around our flat, all tar circuit of 1km as many times as you can or wish in your time and receive a certificate to confirm all of that! Waterpoint every km!*

### Enter per hour

**All races start at 06:00**

**2 hours – R80 (finish at 08:00)**

**4 hours – R120 (finish at 10:00)**

**6 hours – R160 (finish at 12:00)**

**8 hours – R200 (finish at 14:00)**

**10 hours – R220 (finish at 16:00)**

**Enter on the Day from 05:00**

**Event presented on a 1 km Circuit**

**No Prize Money**

***Saturday 30 September 2023, 06:00 – 16:00***

***Elkana Educational Centre, Witbank***

***Enquiries: Lesley Vermeulen – 072 1181 385***

## Rules & Regulations

1. Races presented according to the rules of AMPU.
2. All athletes participate at their own risk and by their entry, they indemnify the organizers, province and sponsors of any liability of claims
3. No iPods or listening devices allowed
4. No dogs.
5. Obey traffic officials and race marshals.
6. **Ages:** Athletes for 10km must be 14 years or older on the day of the race.  
Athletes for 21.1km must be 16 years or older on the day of the race  
Athletes for 42.2km must be 20 years or older on the day of the race
7. Age category ID tags must be worn (back and front) by athletes competing for a category prize AND it must be fixed on vest all 4 corners
8. ID document required for category winners
9. Registered athletes must wear full club colors and 2023 license numbers (on back & front)
10. Non-registered athletes who participate in 10km event must wear a temporary license on the front. Remember to fill in the Temporary license tear off slip and give back to organizer.
11. Walkers to wear "W"
12. No seconding will be permitted
13. Parking at own Risk.
14. Referees decision is **FINAL**