

FOSKOR



OPEN PIT RACE

SATURDAY AT 07:00

FUN RUN 09:30

join us on the
14th OCTOBER 2023

GENERAL INFORMATION

Fun Run
5km R30

10km R100

21km R150

1. All entrants must be amateurs as defined by ASA/LIMA and compete at their own risk.
2. The 21km, 10km & 5km Fun Run entries on Sat 14th October 2023 are welcome.
3. All entrants in the Half-Marathon and 10km who are members of clubs affiliated to ASA/LIMA should wear their official club colours. Valid 2023 licences (or TL's) must be displayed on the back of their vests & race numbers on the front. Non-Club members may purchase a temporary licence for R40. Athletes must wear numerical age group tags back & front to qualify for category prizes. Proof of age may be required.
4. Walkers are welcome but will be treated as "slow runners". No walker prizes.
5. Appeals must be lodged with the organisers within 30 minutes of the finish of the race together with the compulsory fee of R100.
6. The minimum age for entry into the Foskor Pit is 16yrs. No person under the age of 16 will be allowed on the buses or into the pit.
7. 21 & 10km: Buses will transport entrants from Foskor Moshate Parking to the start in the Foskor Open Pit at 06:30. Races start at 07:00.
8. 5km Fun Run: Out & Back from the Foskor Moshate Parking starting at 09:30.
9. Only those with valid entries will be allowed to board the buses.
10. Under no circumstances will private vehicles be allowed in the pit.
11. Marshalls & traffic officers must be obeyed at all times.
12. Seconding will not be permitted outside water point boundaries. The "Stand and Hand" rule will apply.
13. All rules and conditions of ASA/LIMA will apply.
14. The official prize giving will take place at 10:30. (3½ hour cut-off)
15. Register & collect race numbers on Friday 13th Oct from 14:30 to 18:00 or from 05:00 to 06:30 on Saturday 14th Oct.

PARKING, SHOWERS, TOILETS & REFRESHMENTS AVAILABLE

All enquiries:

Donold 072 541 6771 / Solomon 060 966 9067



Phalaborwa
Herald

mica