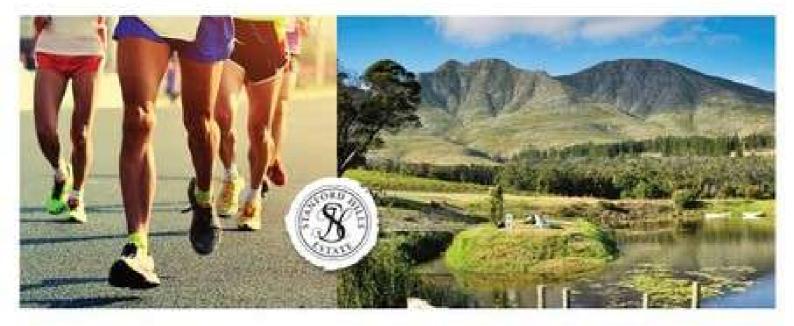


07:00am ♥Grotto Beach. Hermanus enter now_____R250 www.howler.co.za



Rules and Regulations

- Registered athletes must wear race numbers provided
- Cut off times for prizes will be at 10:00am.Prize giving will start at 09:30am at Stanford Hills Estate
- The Race is organized in accordance with the rules and regulations of Athletics South Africa and Boland Athletics
- 4. Athletes must be 16 years and older to participate
- Traffic officials must be obeyed at all times, disregarding the rules will lead to disqualification
- 6. Refreshment tables are stocked with coke and water
- 7. No seconding from moving vehicle
- 8. Results will be posted on Social media platforms
- Athletes enter at own risk, organizers are not responsible for any loss, damage or injury to participant
- 10. Entry fee is non refundable
- 11. Cut off time for race is 3 hours
- 12. Everyone who completes the race will receive a medal

PRIZES	1st Place	2nd Place	3rd Place
16 - 19 (Mens & Ladies)	R200	R100	R50
OPEN (Men)	R850	R250	R150
OPEN (Ladies)	R850	R250	R150
40 - 49 (Men)	R300	R150	R100
40 - 49 (Ladies)	R300	R150	R100
50 - 59 (Mens)	R200	R100	R50
50 - 59 (Ladies)	R200	R100	R50
60+ (Mens & Ladies)	R200	R100	R50
70+ (Mens & Ladies)	R200	R100	R50
WALKERS (Mens & Ladies)	R300	R150	R100