



**RUN**

**4**

**LIFE**

**4.9 KM**

**R50**

**10 KM**

**R100**

**21.1 KM**

**R150**

**TEMP  
LICENSE**

**R50**

**TIME**

**21.1km & 10km @ 07:00**

**4.9km @ 07h15**

**VENUE**

**Dennesig**

**Primary School**

**26**

**October**

**2024**

**Registration starts @ 06h00 on race day**

**In association with**



**In support  
of cancer  
awareness**



**RUN ACCORDING TO ASA RULES & REFEREE'S DECISION IS FINAL**



- ❖ Obey All Traffic officials and Race marshals.
- ❖ No seconding will be allowed.
- ❖ Athletes for 21km must be 16 years or older on the day of the race.
- ❖ Athletes for 10km must be 14 years or older on the day of the race.
- ❖ Athletes for 4.9km | All ages.
- ❖ All athletes will participate at their own risk.
- ❖ Proof of age to be produced upon request on day of race.
- ❖ Registered athletes must wear full club colors and 2024 license numbers on the back and front of the vest.
- ❖ Temp license at the front
- ❖ Age category ID tags must be worn (back and front) by athletes competing for a category prize.
- ❖ Walkers must have a fixed W on the vest
- ❖ NO EARPHONES ALLOWED DURING THE RACE

**Contact Theuns Luus**

**083 630 8729**

**Prize Money (Men and Women)**

<b>21.1 Km</b>		<b>Prize</b>	<b>10 Km</b>		<b>Prize</b>
<b>Open:</b>	<b>First</b>	<b>R800</b>	<b>Open:</b>	<b>First</b>	<b>R500</b>
	<b>Second</b>	<b>R700</b>		<b>Second</b>	<b>R300</b>
	<b>Third</b>	<b>R600</b>		<b>Third</b>	<b>R200</b>
<b>40+</b>		<b>R400</b>	<b>40+</b>		<b>R200</b>
<b>50+</b>		<b>R400</b>	<b>50+</b>		<b>R200</b>
<b>60+</b>		<b>R400</b>	<b>60+</b>		<b>R200</b>
<b>70+</b>		<b>R400</b>	<b>70+</b>		<b>R200</b>
<b>Junior</b>		<b>R400</b>	<b>Junior</b>		<b>R200</b>
<b>Walker</b>		<b>R400</b>	<b>Walker</b>		<b>R200</b>

**Our partners**



**Drs. Van Rensburg & Partners SA Inc.**  
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