

PRYSE

21.1km

MANS/DAMES

	1STE	2DE	3RD
Senior/Open:	R600	R300	R200
Meesters 40+:	R250	R150	R100
Meesters 50+:	R150	R100	R75
Meesters 60+:	R150	R75	R50
Meesters 70+:	R150		
Spanprys:	R50 x 4		
1st Disabled Athlete Female	R400	} Wheelchair or jogger	
1st Disabled Athlete Male	R400		

10km

MANS/DAMES

	1STE	2DE	3RD
Senior/Open:	R400	R200	R150
Meesters 40+:	R200	R100	R75
Meesters 50+:	R150	R75	R50
Meesters 60+:	R100	R75	R50
Meesters 70+:	R100		
Junior:	R150	R100	R60
Spanprys:	R50 x 4		

AKKOMMODASIE / ACCOMMODATION:

Toerismekantoor/Tourism Office: 023 356 2041

www.hexrivervalley.co.za



Powertrade Herfsprag Halfmarathon



POWERTRADE Herfsprag Halfmarathon

IN SAMEWERKING MET UNIKA POWERTRADE, DE DOORNS VRYBURGERS
EN WORCESTER ATLETIEKKLUB

REGISTRASIE: VANAF 06:00VM
KLUBHUIS HOËRSKOOL HEXVALLEI

DATUM: SATERDAG 11 MEI 2019

PLEK: HOËRSKOOL HEXVALLEI
VOORTREKKERWEG
DE DOORNS

BOLAND LIGA WEDLOOP

Entries on morning of race/ Inskrywings die oggend van wedloop

21.1km Wegspring: 08:00

10km Wegspring: 08:10

5km Prettraf wegspring: 08:15



VOLGENS DIE REÛLS VAN ASA/BA

POWERTRADE Herfsprag Halfmarathon

PRIZE GIVING / PRYSUITDELING: 11:00

ENTRY FEES: 21.1KM
JUNIORS R40
SENIORS R70

ENTRY FEES: 10KM
JUNIORS R30
SENIORS R60

TEMPORARY LICENCE: JUNIORS & SENIORS R40

5KM FUN RUN/PRETLOOP
KINDERS R10
VOLWASSENES R20

ENQUIRIES / NAVRAE:

Luzaan Van Zyl: 083 414 7496
Bennie Du Plessis: 083 324 1675



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All details and photos will be posted on the page.



Powertrade Herfsprag Halfmarathon



UITSLAE: www.bolandathletics.com

REËLINGS EN INLIGTING:

1. Athletes must be 16 years or older for the 21.1km and 15 years or older for the 10km.
2. Verkeërsbeampies en roetebeampies moet ten alle tye gehoorsaam word.
3. Verontagsaming van padreëls sal lei tot diskwalifikasie.
4. Refreshment tables every 3km's.
5. No seconding will be allowed.
6. Elke km sal aangedui word.
7. Club Colours with valid 2019 licence numbers must be worn on the front and back of the vest.
8. Atlete moet voor die wedloop 'n wedloopkaartjie voltooi en by die eindpunt inhandig.
9. Athletes enter entirely at their own risk. Organisers and Sponsors are not responsible for any loss, damage or injury.
10. Secure parking on premises close to the start.
11. Ouderdom kentekens moet gedra word om in aanmerking te kom vir kategoriepryse.
12. No advertising may be displayed by athletes other than the official club vest or the event race number.
13. Inskrywingsgeld is nie terugbetaalbaar nie.
14. Tog Bag facility available.
15. Noodhulp by wenpaal beskikbaar.
16. Pannekoek, hamburgers, T HEMDE en ander lekkernye te koop by die wedloop, asook springkasteel vir kinders. Bring die hele gesin!

GENERAL INFORMATION:

1. 21.1km time limit is 3 hours & 30min
2. 10km time limit is 2 hours
3. Walkers are most welcome
4. Medals will be given to all who complete the 21.1km and 10km within the time limit.
5. Prizegiving will start at 11:00am.

**PROCEEDS OF ALL T-SHIRTS SOLD WILL GO TO
REASONS TO RUN**