

BOLAND CORRECTIONAL SERVICES A.C.

1/2 MARATHON & 10 KM RUN / WALK

BOLAND LEAGUE RACES

DATE : 22 JUNE 2019
VENUE: DALJOSAFAT ATHLETICS STADIUM
PAARL

ENQUIRIES:

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STARTING TIMES:

21.1 km	=	7H45
10 km	=	8H10

MEDALS	21.1 KM	First 500 athletes
	10 km	First 400 athletes

UNDER THE RULES OF ASA AND BOLAND ATHLETICS

RACE RULES

1. The run/walk will be run in accordance with the rule of ASA & Boland Athletics.
2. The races are open to all licensed and unlicensed runners.
3. Minimum age: 21km – 16 years & 10 km – 14 years and older.
4. Competitors must run in club colours with a valid 2019 license number or a temporary number displayed on the front of the vest.
5. Temporary license numbers are available at **R40.00** on the race day for unlicensed athletes entering 10 km & 21km.
6. All competitors must abide by the rules, regulations and instructions given by traffic officials and race marshals and race officials, at all times.
7. Age category tags must be worn on the runner's front and back in visible position to qualify for age category prizes.
8. No seconding on the road will be allowed except at official refreshment stations.
9. A race card must be completed and presented at the finish.
10. Juniors must provide proof of age to qualify for prize money.
11. All entrants participate at their own risk and agree not to hold BA, Organizer or Sponsors liable for damage, loss of property, any injuries or illness, which may be suffered directly or indirectly as a result of participating in the race.

GENERAL INFO

1. Entries Saturday morning From **05H30**
2. Temporary license for Seniors and Juniors: **R 40:00**
3. Time limit for 10 km = **2.30** hours & 21,1 km = **3hours 30 min** ,
4. ENTRY FEES: 21.1 km – Club Athletes: **R 80 .00**; Unlicensed athletes **R 120.00**
10 km – Club Athletes: **R60.00**; Unlicensed Athletes **R 100.00**
Juniors 10 km licensed athletes: **R40.00** (proof of **ID** required)
5. Prize giving at **11H00**

21 KM PRIZE MONEY

Position	OPEN Men/Women	40-49 Men / Women	50-59 Men / Women	60+ Men / Women	16-19 Men / Women
1	R600	R250	R200	R200	R100
2	R300	R200	R150	R150	
3	R200	R150	R100	R100	

10 KM PRIZE MONEY

Position	OPEN Men/Women	40-49 Men / Women	50-59 Men / Women	60+ Men / Women	16-19 Men / Women
1	R350	R200	R150	R150	R200
2	R250	R150	R120	R120	R150
3	R200	R100	R100	R100	R100

Team Prize for 21km : Men: **R100 x 4 =R400** // Ladies : **R100 x 4 =R400**