



10km road race

Competitors must be 14 years of age or older on race day. The race starts at 06h00. The official cut off time is 07h40.

5km Family Run

The 5km Family run starts at 06h30 or as soon as the first 10km runner is finished. Cut off time is at 07h40. Race numbers must be worn on the vest and be visible at all times. Competitors must be 9 years or older. Medals to ALL finishers in the 5km event.

Medals

10km - Gold medals to the first 5 men and ladies as well as the winners of the different age categories. Silver medals will be awarded to the next 150 athletes and bronze medals to all finishers within the cut-off for the 10km races.

Lucky Draw Prizes

All entrants are eligible and must be present to win!

Prize money for 10km - Men & Women (To be paid via EFT)

	1 st	2 nd	3 rd	4 th	5 th
Open	R5000	R3000	R2000	R1000	R750
Junior	R1000	R750	R 500	R 400	R300
35 – 39	R1000	R750	R 500		
40 - 49	R1000	R750	R 500		
50 - 59	R1000	R750	R 500		
60 - 69	R1000	R750	R 500		
70 - 79	R1000	R750	R 500		
80+	R1000	R750	R 500		

Prize winners must be dressed in their club colours during the award presentation.

ENQUIRIES: For further information on the event, contact Michael on 0791496796 or EPA Office on 041 374 2818.

DIRECTIONS AND PARKING:

From PE, continue towards Colchester, once you cross the bridge at Sundays River, turn right. Turn right again and follow directions to the Mackay Bridge Angling Club.

