

PRIZE MONEY - Same for Men and Women

| | 1st | 2nd | 3rd |
|--------|----------|----------|----------|
| Open | R 500.00 | R 400.00 | R 300.00 |
| 40+ | R 400.00 | | |
| 50+ | R 400.00 | | |
| 60+ | R 400.00 | | |
| Junior | R 400.00 | R 300.00 | |

Rules & Regulations

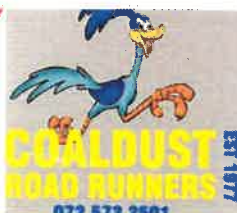
- Races presented according to the AMPU and WA rules.
- All athletes participate at their own risk and by their entry, they indemnify the organizers, province and sponsors of any liability of claims.
- No iPods or listening devices allowed.
- No Dogs.
- Obey traffic officials and race marshals.
- Ages: Athletes for 10km must be 14 years or older on the day of the race.
- Age category ID tags must be worn (back and front) by athletes competing for a category prize and it must be fixed on vest all 4 corners.
- ID document required for category winners.
- Registered athletes must wear full club colours and 2024 license numbers (on back and front).
- Non-registered athletes who participate in any event must wear a temporary licence on the front. Remember to fill in the Temporary license tear off slip and give back to organizer.
- Walkers to wear "W".
- No seconding will be permitted.
- Parking at own risk.
- Referees decision is FINAL.



CBJ ATTORNEYS
Established 1970



KONICA MINOLTA



Pick n Pay

Family River Crescent