

OM DIE BLOCK RACE LIME ACRES



DATE: 28 SEPTEMBER 2019
PLACE: LIME ACRES REC CLUB
CENTRAL AVENUE LIME ACRES
TIME START: 07H00



COST: 5KM – R20 10KM – R50 – 16KM –R80

TEMPORARY LICENCE – R40

ENTRIES DAY OF RACE: 5:45 - 6:45

RACE WILL BE RUN UNDER THE RULES AND REGULATIONS

IAAF, ASA AND AGW

THIS IS NOT A CHIP RACE

LICENCES TO BE WORN ON THE BACK AND FRONT AND MUST BE VISIBLE

TEMPORARY LICENCE TO BE WORN ON THE FRONT AND MUST BE VISIBLE

NO CELLPHONES AND EARPHONES

MEDALS WILL BE GIVEN TO EVERYONE WHO FINISHES THE RACE

PRIZE MONEY 1STE,2DE,3DE, 10KM, 16KM

NO PRIZE MONEY FOR ANY CATEGORIES

CUT OF TIME: 10KM – 2 HOURS 16KM 2HOURS

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