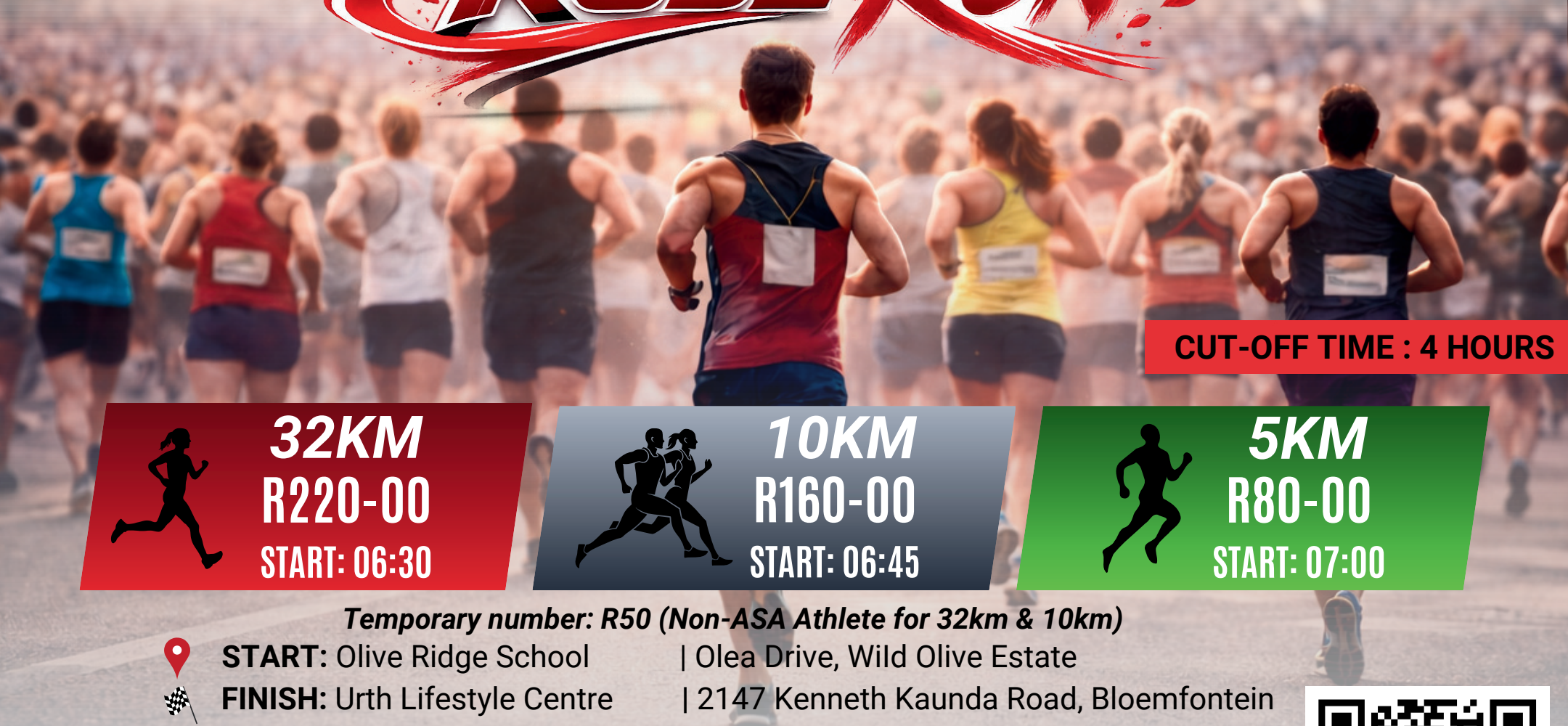


9 MAY
2026





CUT-OFF TIME : 4 HOURS

 **32KM**
R220-00
START: 06:30

 **10KM**
R160-00
START: 06:45


 **5KM**
R80-00
START: 07:00

Temporary number: R50 (Non-ASA Athlete for 32km & 10km)

 **START:** Olive Ridge School | Olea Drive, Wild Olive Estate
 **FINISH:** Urth Lifestyle Centre | 2147 Kenneth Kaunda Road, Bloemfontein

* Parking at Urth Lifestyle Centre

ONLINE ENTRIES : www.chiptimer.co.za

 Entries close 6 May at 17:00

MANUAL ENTRIES AND ONLINE ENTRIES RACE NUMBER COLLECTION:

- 7 May : 16:30 - 19:00 at Urth Garden Centre
- 8 May : 16:30 - 19:00 at Urth Garden Centre
- 9 May : 05:00 - 06:15 **Online Entry Collection ONLY** (No Manual Entries)

LIMITED ENTRIES AVAILABLE

RACE BENEFICIARY : ENGO



PRIZE MONEY AND PRIZE GIVING:

32km Open Mens/ Ladies : @ 10:30
 1st R2000
 2nd R1500
 3rd R1000
Category Winners (Juniors , 40+,50+,60+,70+) R400

10km Open Mens/ Ladies : @ 09:00
 1st R750
 2nd R500
 3rd R350
Category Winners (Juniors, 40+,50+,60+,70+) R300



CONTACTS:

Race Director: Ettiene Stone 083 304 8289
Safety Officer: Ernest Foster 082 940 1978
Technical Officer: Arnold Rabie 082 446 5791



In accordance with the rules of WA-World Athletics, ASA and AFS

