

FORMULA 1 ATHLETIC CLUB CHALLENGE



**21.1 km Challenge
10 km Run & Walk**



Entry Fee:

21.1 km - R 120

10 km Run & Walk - R 90

Temporary License - R 30

Cut off time - 09:30 am

Entries available at Start Venue on:

Saturday: 09 am - 05 pm

Sunday : 5 am

T SHIRTS TO ALL FINISHERS!!!!

21.1 km AND 10 km

Date: 28 August 2016

START TIME: 6:30 am

FINISH: College Rovers Rugby Field

For further enquirers contact:

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PRIZE MONEY - MEN & LADIES

CATEGORY	21.1 KM RUN			10 KM RUN			10 KM WALK		
	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd
OPEN	R 1000	R 500	R 300	R 250	R 200	R 175	R 250	R 200	R 175
35-39	R 250			R 150					
40-49	R 250			R 150					
50-59	R 100			R 100					
60+	R 175			R 75					
JUNIOR	R 250			R 150					

RULES, INSTRUCTIONS AND INFORMATION

- Race run in accordance with IAAF, ASA and KM Rules.
- All foreign athletes must comply with IAAF Rule 4.2 & 142
- All participants must wear official club colours and 2015 license numbers on front and back upper section of vests or crop top.
- Temporary License is available and is in addition to entry fee.
- Age category tags must be worn on both front and back of your vest and must be clearly visible in order to qualify for the prize. Age category prize winners must be able to produce relevant ASA APPROVED ID documents to claim prize
- Minimum age 10km : 14yrs 21.1km: 16yrs
- Walkers must wear correct WALKER tags on front and back of vest. Any walker not wearing tag will be deemed a runner.
- Entrance fees are not refundable.
- No pacing is permitted.
- Race tags must be fully completed and signed.
- Organizers will not be held responsible for any injury or illness incurred during or as a result of the race, or for any property lost or damaged on the course or at the race.
- Participants must be medically fit to participate in the race and must fully understand the entry is entirely at their own risk.
- Athletes must not obscure, deface or fold their race number.
- Cut off times : 10km. 21.1 km: = 9:30am
- Prize giving : 10km. 21.1 km:- 9:30am
- Athletes must obey Race Officials, Marshalls & Traffic Officers