

DG PANEL AND PAINT CC CHALLENGE

Hosted By:



SYDENHAM SPORTS CLUB

32KM RUN ONLY, 16KM RUN/WALK

DATE : SUNDAY, 05 FEBRUARY 2017

REGISTRATION : SATURDAY, 04 FEBRUARY 2017
14:00 - 17:00
THE CLUBHOUSE
BARNES ROAD GROUNDS
SYDENHAM

SUNDAY, 05 FEBRUARY 2017
FROM 04:00am
AT THE CLUBHOUSE
BARNES ROAD GROUNDS

START : 05:00am - BARNES ROAD
FINISH : BARNES ROAD GROUNDS

CUT OFF TIME FOR 16KM IS 3 HOURS - PRIZEGIVING WILL BE AT 08:00AM
CUT OFF TIME FOR 32KM IS 4.5 HOURS - PRIZEGIVING WILL BE AT 09:30AM

ENTRY FEE	
32KMRUN	R 130.00
16KMRUN	R 90.00
16KM WALK	R 90.00

TEMP. LICENCE	
32KM	R 30.00
16KM	R 20.00



**T-SHIRTS WILL BE
GIVEN AT
REGISTRATION TO
THE FIRST 1200
RUNNERS**

DG
PANEL AND PAINT

93 CHRIS HANI ROAD
(NORTH COAST ROAD)
BRIARDENE

TO GET A QUOTE, EMAIL
quotes@dgpanelandpaint.co.za OR
SUBMIT YOUR QUOTE ON OUR WEBSITE
www.dgpanelandpaint.co.za

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24 Hour Customer Care Line : 082 498 1430 ☐ Office : 031 579 1967

FOR ENQUIRIES, PLEASE CONTACT:

ANITA : 084 254 2468/082 336 9183

THANK YOU TO

Coca-Cola South Africa

CAPITAL
AUTO
PARTS

DG
PANEL AND PAINT

ENGEN
WEST RIDING

THE
DURBAN RUNNER
SPECIALIST RUNNING SHOES AND GEAR

KEY

Driven by you

DG PANEL AND PAINT CC

DG Panel and Paint is a family run business specializing in Panelbeating and Spraypainting. We do repairs for leading insurance companies as well as cash customers with the uncompromising quality of our work and at very reasonable rates.

We are proud to announce that we are a GM Approved Repair Shop.

We also specialize in the refurbishing of old cars and spraypainting of exotic paintwork

Come down and meet the family at **DG** Panel and Paint, 93 Chris Hani Road or get an online assessment done via our website.

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CATEGORY	32KM RUN 19 Years and Older					16KM RUN 16 Years and Older			16KM WALK 16 Years and Older		
	1st	2nd	3rd	4th	5th	1st	2nd	3rd	1st	2nd	3rd
OPEN (M/F) JUNIOR (M/F)	R600	R400	R250	R150	R100	R300 R200	R200 R150	R100 R100	R300	R200	R100
35 - 39	R150					R100			---		
40 - 49	R150					R100			---		
50 - 59	R150					R100			---		
60+	R100					R100			---		

- To qualify for prizes, all athletes must complete RSA ID/Foreign passport on the race entry tag.
- Prizes will only be given for the race you enter.
- Temporary licenses will be available @ R30 for 32km and R20 for 16km run and walk.
- All participants must wear official club colours and license numbers at front & back of vest not on shorts – 2013.
- Both races will be run under IAAF Rule 4.2 & 142, ASA & KZNA
- All athletes should obey Traffic Officers and Marshals.
- Temporary licensed Runners must wear plain colour vests with no advertising and Temporary license number must be worn on the front of the vest.
- All participants must be medically fit to run and must fully understand that entry is entirely at their own risk.
- Age category identification tags must be worn on the back and front of vest in order to qualify for category prizes.
- Refreshment tables will be provided and no personal seconding will be permitted.
- There will be lucky draw prizes – participants must be present at the prize giving.
- Walkers must use walker tags at front and back of vest.
- All international athletes and category winners must produce proof of ID upon request. All foreign athletes must abide by IAAF rule 4.2 and 142.

THE 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 IN THE CHANGING AREA.