



RUN

4

LIFE

4.9 KM

R50

10 KM

R100

21.1 KM

R150

**TEMP
LICENSE**

R50

TIME

21.1km & 10km @ 07:00

4.9km @ 07h15

VENUE

Dennesig

Primary School

26

October

2024

Registration starts @ 06h00 on race day

In association with



Rooies Atletiekklub

Life Midmed Hospital
ICCA - THE GARC



**In support
of cancer
awareness**

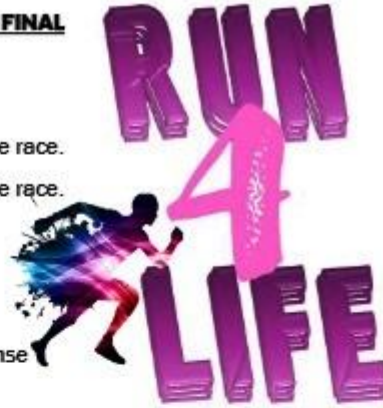


Run

Theuns

RUN ACCORDING TO ASA RULES & REFEREE'S DECISION IS FINAL

- ❖ Obey All Traffic officials and Race marshals.
- ❖ No seconding will be allowed.
- ❖ Athletes for 21km must be 16 years or older on the day of the race.
- ❖ Athletes for 10km must be 14 years or older on the day of the race.
- ❖ Athletes for 4.9km | All ages.
- ❖ All athletes will participate at their own risk.
- ❖ Proof of age to be produced upon request on day of race.
- ❖ Registered athletes must wear full club colors and 2024 license numbers on the back and front of the vest.
- ❖ Temp license at the front
- ❖ Age category ID tags must be worn (back and front) by athletes competing for a category prize.
- ❖ Walkers must have a fixed W on the vest
- ❖ NO EARPHONES ALLOWED DURING THE RACE



Contact Theuns Luus
083 630 8729

Prize Money (Men and Women)

21.1 Km		Prize	10 Km		Prize
Open:	First	R800	Open:	First	R500
	Second	R700		Second	R300
	Third	R600		Third	R200
40+		R400	40+		R200
50+		R400	50+		R200
60+		R400	60+		R200
70+		R400	70+		R200
Junior		R400	Junior		R200
Walker		R400	Walker		R200



Our partners



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