

# POWERTRADE Herfsprag Halfmarathon

In partnership with De Doorns Vryburgers  
and Worcester Athletic Club

REGISTRATION: STARTS 06:00AM  
HEXVALLEY HIGH SCHOOL CLUBHOUSE

Date: Saturday **12 May 2018**

VENUE: HEXVALLEY HIGH SCHOOL  
VOORTREKKER ROAD  
DE DOORNS

BOLAND LEAGUE RACE

"GOODE BAGS" FOR THE FIRST 300 ENTRANTS.

ENTRIES ON MORNING OF RACE

PROCEEDS OF ALL T-SHIRTS SOLD WILL GO TO  
THE "HOPE FOR MIA CARA" FUNDRAISING

21.1km Start: 08:00

10km Start: 08:10

5km Fun Run Start: 08:15



Powertrade Herfsprag Halfmarathon

According to ASA/BA rules and regulations





## PRYSE

### 21.1km

#### MANS/DAMES

	1STE	2DE	3RD
Senior/Open:	R500	R300	R200
Meesters 40+:	R250	R150	R100
Meesters 50+:	R150	R100	R75
Meesters 60+:	R150	R75	R50
Spanprys:	R50 x 4		

### 10km

#### MANS/DAMES

	1STE	2DE	3RD
Senior/Open:	R300	R200	R150
Meesters 40+:	R200	R100	R75
Meesters 50+:	R150	R75	R50
Meesters 60+:	R100	R75	R50
Junior:	R150	R100	R60
Spanprys:	R50 x 4		

## AKKOMMODASIE / ACCOMMODATION:

Toerismekantoor/Tourism Office: 023 356 2041  
[www.hexrivervalley.co.za](http://www.hexrivervalley.co.za)

**POWERTRADE**  
*Herfsprag*  
*Halfmarathon*



Powertrade Herfsprag Halfmarathon

# POWERTRADE

## Herfsprag Halfmarathon

PRIZE GIVING / PRYSUITDELING: 11:00

ENTRY FEES: 21.1KM  
JUNIORS R30  
SENIORS R60

ENTRY FEES: 10KM  
JUNIORS R20  
SENIORS R50

TEMPORARY LICENCE: JUNIORS & SENIORS R40

5KM FUN RUN/PRETLOOP  
KINDERS R10  
VOLWASSENES R20

### ENQUIRIES / NAVRAE:

Luzann Van Zyl: 083 414 7496  
Bennie Du Plessis: 083 324 1675



Please go view and LIKE our new Facebook page.  
All details and photos will be posted on the page.



Powertrade Herfsprag Halfmarathon



UITSLAE: [www.bolandathletics.com](http://www.bolandathletics.com)



## **REELINGS EN INLIGTING:**

1. Athletes must be 18 years or older for the 21.1km and 15 years or older for the 10km.
2. Verkeersbeamptes en roetebeamptes moet ten alle tye gehoorsaam word.
3. Verontagsaming van padreels sal lei tot diskwalifikasie.
4. Refreshment tables every 3km's.
5. No seconding will be allowed.
6. Elke km sal aangedui word.
7. Club Colours with valid 2018 licence numbers must be worn on the front and back of the vest.
8. Atlete moet voor die wedloop 'n wedloopkaartjie voltooi en by die eindpunt inhandig.
9. Athletes enter entirely at their own risk. Organisers and Sponsors are not responsible for any loss, damage or injury.
10. Secure parking on premises close to the start.
11. Ouderdom kentekens moet gedra word om in aanmerking te kom vir kategoriepryse.
12. No advertising may be displayed by athletes other than the official club vest or the event race number.
13. Insyrywingegeld is nie terugbetaalbaar nie.
14. Tog Bag facility available.
15. Noodhulp by wenpaal beskikbaar.
16. Pannekoek, hamburgers, T HEMDE en ander lekkernye te koop by die wedloop, asook springkasteel vir kinders.  
Bring die hele gesin!

## **GENERAL INFORMATION:**

1. 21.1km time limit is 3 hours & 30min
2. 10km time limit is 2 hours
3. Walkers are most welcome
4. Medals will be given to all that complete the 21.1km and 10km within the time limit.
5. Prtzegiving will start at 11:00am.

**PROCEEDS OF ALL T-SHIRTS SOLD WILL GO TO THE  
MIA CARA FUNDRAISER**