

MAKE A RUN FOR IT

10 KM FUN RUN / 21 KM HALF MARATHON

Pre-entries via entryninja.com

Registration on the day:

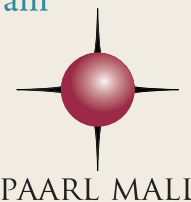
From 5 am, Paarl Mall, Woolworths, Entrance 3

10 km starts 7:00 am / 21 km starts 6:30 am

24 March 2018



www.paarlmall.co.za



21 KM & 10 KM RUN / WALK

RACE INFORMATION

Enquiries: Rochelle Fisher: 073 013 9457
Sandra Nothnagel: 021 863 5360
Date of race: 24 March 2018
Start & finish: Paarl Mall
Starting time 21 km / 10 km: 06:30 / 07:00 am
Cut-off time 10 km: 08:30 am
Cut-off time 21.1 km: 10:30 am
Medals: Gold: First 5 Men and Women
Silver: Next finishers

General: Race cards are compulsory and must be handed in after finishing the races.

- Refreshments available
- Tog bag facility available
- Lucky draws

Additional Information:

- Enter via entryninja.com
- Enter on the day of the race at entrance 3 at Paarl Mall 05:00 am
- 2018 license number and tags must be worn on front and back of vest
- Walkers welcome

ENTRY RULES

1. Minimum age on race day is 15 years.
2. Participants must obey the instructions of Traffic Officers / Marshals.
3. Your official 2018 license number must be worn on the front and back of your vest.
4. Club colours must be worn to qualify for team prize.
5. Temporary license numbers available on the day of the race.
6. No seconds on the road.
7. A race card must be completed and presented at the finish.
8. Walkers may participate.
9. Entrants participate at their own risk and agree not to hold the Organisers or Sponsors liable for any damage, loss of property, any injuries or illness which may be suffered directly or indirectly as a result of participating in the race.

GENERAL INFORMATION

1. Entries on the day of the race at 05:00 am
2. Temporary licenses for seniors and juniors: R 30
3. Time limit for 2 hours
4. Entry fee: 10 km – R 50
5. Entry fee: 21.1km – R 60
6. Prize-giving is at 10:35 am

PRIZE WINNERS / MEN / WOMEN

10 KM

OPEN	R 500	R 400	R 300
40+	R 400	R 300	R 200
50+	R 400	R 300	R 200
60+	R 400	R 300	R 200
JUNIORS	R 400	R 300	R 200

21 KM

OPEN	R 600	R 500	R 400
40+	R 500	R 400	R 300
50+	R 400	R 300	R 200
60+	R 400	R 300	R 200
JUNIORS	R 400	R 300	R 200

- In accordance with Boland Masters Athletic Club
- In accordance with the rules of ASA & Boland Athletics