

Ceres™

The perfect place to grow juice

Michell's Pass Half Marathon

10km Road-race at 07:45 & 5km Fun Run at 08:00

Saturday
Saterdag

23 September 2017 At Om **07:30**

**BOLAND 10KM KAMPIOENSKAPPE/ CHAMPIONSHIPS
PLAAS UITDAAGWEDLOOP/ FARM CHALLENGE RACE
BOLAND LIGA WEDLOOP / LEAGUE RACE**

500 Goody Bags for pre-entries + a chance to WIN R500 in a lucky draw!
Closing date for pre-entries is 18 September 2017
In accordance with the rules of the ASA and BA

Enter online at www.topevents.co.za

Half Marathon / 10km Registration	06:00
Half Marathon	07:30
10km Road-race	07:45
Fun Run 5km	08:00
Breakfast available from	08:00
Prize-giving	11:00

Stalls with local produce, refreshments and entertainment.

See you in Ceres!!!

GPS: S33.37 18 25 E 19. 29 85 89

Please phone the Ceres Tourism Bureau on **023-316-1287** or fax **086-5050-455**



Entry Form:

RACE: 21km 10km FIRST NAME: SURNAME: POSTAL ADDRESS: POSTAL CODE: EMAIL: CELL: DOB: ID no: GENDER: M FAGE ON RACE DAY: 2017 LICENCE NO: AGE CATEGORY: JUNIOR SENIOR 40-49 50-59 60-69 70+ FREE ENTRYLICENSED RUNNER: Y N CLUB (IN FULL:) PROVINCE: Number of Michell's 21km completed

Alle Deelnemers / All Competitors:

Hiermee verklaar ek dat ek 'n amateur is en dat ek op eie risiko deelneem en ook die organiseerders en borge vrywaar van enige eis wat deur my deelname mag voorkom. / I declare that I am an amateur and that I shall participate in this race at my own risk and indemnify the organisers and sponsors of this race against any claim which may result from my participation.

Inskrywingsfoo / Half Marathon R 60,00

Entry Fee 10km Road Race R 40,00

Tydelik / Temporary R 30,00

TOTAAL / TOTAL R

Competitor's Signature / Handtekening van deelnemer

GENERAL INFORMATION / RACE RULES

- Time - Half Marathon: 07:30
- Time - 10km race: 07:45
- A licence number valid for 2017 or temporary number must be displayed on every athlete's vest during the race.
- A race card must be handed in at the finish.
- No seconding will be allowed.
- Medals on receipt of race card.
- The time limit for the half marathon is 3 hours 30 min.
- Minimum age: 10km - 15 years ; 21km - 16 years.
- Numerical age category tags must be worn clearly on the front and back to qualify for age category prizes. Proof of age may be required.
- Start and finish for both events: Victoria Park.
- Prizegiving will take place at 11:00
- Entry fees will not be refunded unless entry is rejected.
- Ceres Athletic Club accepts no responsibility for entries lost in the post.
- If you need confirmation of your entry, enclose a stamped envelope.
- Entries accepted on morning: Saturday 23 September 06:00 - 07:15.
- Closing date/Sluitingsdatum 18 Sept 2017 for/vir pre-entries/ posinskrywings

MEDALS

21km

10km

First - Gold
Second - Silver
Next - Bronze

Medals on receipt of a race card.

Pre-entries 500 Goody Bags
+ chance to win R500 Lucky Draw!

Cut-off 3:30

FUN RUN - 5KM - R15

- Time: 08:00
 - Entries: On the morning of the race
 - 500 Medals
- Inter-primary School Competition:
First 10 finishers = Shield

ENQUIRIES: Roy Abrahams - 072 709 7003

Lionel Hill - 082 739 3545

POST ENTRIES TO / CHEQUES PAYABLE TO: CERES ATHLETIC CLUB

6 PARK ROAD, CERES, 6835

BANK: ABSA CERES • BRANCH CODE: 632005 • ACCOUNT NUMBER: 92 5464 8049

FAX DEPOSIT SLIP AND ENTRY FORM TO: 086 647 0417

Online Entries: www.topevents.co.za

PRIZES

HALFMARATHON	1	2	3
OPEN	R1000	R750	R500
40+	R250	R150	R100
50+	R250	R150	R100
60+	R250	R150	R100
70+	R250	R150	R100
JUNIORS	R100	R 75	R 50
TEAM	4 x R100		
10 KM RACE	1	2	3
OPEN	R500	R300	R100
40+	R200	R150	R100
50+	R200	R150	R100
60+	R200	R150	R100
70+	R200	R150	R100
JUNIORS	R500	R300	R200
TEAM	4 x R75		

ROUTE RECORD

21 KM

Men - 1:07:56 - Qhina Mthandazo (2015)

Ladies - 1:27:34 - Nomvuyisi Seti (2013)

10 KM

Men - 31:13 - William Kaptein (2011)

Ladies - 38:03 - Bernette Cotter (2015)