



NEWS LETTER – TUESDAY 29 AUGUST 2017
2017 BOLAND ATHLETICS ROAD RUNNING LEAGUE 3 ON 2 SEPTEMBER 2017

The third event in the 2017 Boland Road Running League will be taking place at the Riebeek Kasteel Lentefees at Riebeek Kasteel on Saturday 2 September 2017.

The Half Marathon will start at 07:30 and the 10km road race will start at 08:00.

Boland Road Running Champions will be determined in the following categories:

- 1. 10 Km Individual men and women**
- 2. 10 Km Team Competition (Men and Women combined)**
- 3. 10 Km Individual Junior men and women**
- 4. 21.1 Km Individual men and women**
- 5. 21.1 Km Team Competition (Men and Women combined)**
- 6. Team Participation Category (Men and Women combined)**

This category is determined by the number of participants fielded by each club. Clubs have been divided into two sections viz. clubs <100 members and clubs >100 members.

Please encourage your members to support the Boland Road Running League races. The Flyer for the Riebeek Kasteel Lentefees Races is attached, and available on the Boland Athletics website.

Issued by Lionel Hill
Boland Athletics Road Running League Co-ordinator



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**PRIZE MONEY
HALFMARATHON / 10KM**

PRIZE MONEY	HALF MARATHON	10 KM
JUNIOR MANS		1 ST R150 / 2 ND R100 / 3 RD R50
JUNIOR DAMES		1 ST R150 / 2 ND R100 / 3 RD R50
OPE MANS	1 ST R500 / 2 ND R200 / 3 RD R100	1 ST R250 / 2 ND R100 / 3 RD R50
OPE DAMES	1 ST R500 / 2 ND R200 / 3 RD R100	1 ST R250 / 2 ND R100 / 3 RD R50
40+ MANS	1 ST R250 / 2 ND R150 / 3 RD R100	1 ST R200 / 2 ND R100 / 3 RD R50
40+ DAMES	1 ST R250 / 2 ND R150 / 3 RD R100	1 ST R200 / 2 ND R100 / 3 RD R50
50+ MANS	1 ST R250 / 2 ND R150 / 3 RD R100	1 ST R200 / 2 ND R100 / 3 RD R50
50+ DAMES	1 ST R250 / 2 ND R150 / 3 RD R100	1 ST R200 / 2 ND R100 / 3 RD R50
60+ MANS	1 ST R250 / 2 ND R150 / 3 RD R100	1 ST R200 / 2 ND R100 / 3 RD R50
60+ DAMES	1 ST R250 / 2 ND R150 / 3 RD R100	1 ST R200 / 2 ND R100 / 3 RD R50
70+	1 ST R200 / 2 ND R100 / 3 RD R70	1 ST R150 / 2 ND R50
SPANPRYS MANS	4 x R50	4 x R50
SPANPRYS DAMES	4 x R50	4 x R50

**MEDALS
HALF MARATHON**

Gold Position 1 - 10
 Silver Position 11- 200
 Bronze Position 201 - To all Finishers in cut off time (11h00)

10 KM

Medals for all finishers in cut off time (10H30)

FUN RUN

Medals for all finishers in cut off time (10H30)

**50 BRAAIPAKKE SPOT PRIZES
(valued @ R200.00 each)**



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**BOLAND ROAD RACE LEAGUE - BOLAND LIGAWEDLOOP
WESKUS KAMPIOENSKAPPE**

PRESENTED BY SWARTLAND ATHLETICS CLUB

DATE: SATURDAY 02 September 2017

HALFMARATHON	07H30
10 KM	08H00
FUN RUN	08H15

**THE RACE IS ORGANIZED IN ACCORDANCE WITH THE RULES
OF ATHLETICS SOUTH AFRICA AND BOLAND ATHLETICS**



Spiltech



MJ Jooste Landbouwbemarking (Edms) Bpk



ENTRY FORM

Please indicate for which race you are entering.

Halfmarathon 10 km Fun Run

Surname:

First Name:

Postal Address:.....

..... Postal Code:

E-mail:

Tel (H): ()

Tel (W): ()

Cell: Province:

Sex Male Female 2017 License no.

Date of Birth: Age on day of race:

Club:

Kategorie / Category:

J	S	40	50	60
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PAYMENT

Entry Fee

VOORAF INSKRYWINGS VIR SWARTLAND KLUB ATLETE, SAL IN AANMERKING KOM VIR LUCKY DRAW. BRAAIPAK TER WAARDE VAN R200

	Pre Entries	Late Entries	Temporary License	TOTAL
Halfmarathon	R 70.00	R 70.00	R 40.00	
10 km	R 50.00	R 50.00	R 40.00	
Fun Run	R 20.00	R 20.00	N.A	

RACE INFORMATION

ENTRIES

PRE ENTRIES - CLOSE 25 AUGUST 2017

Direct Payments:

Riebeek Lentefees, FNB, Branch Code: 200507

Acc Number: 62 615 878 553

(Use surname as reference on deposit slip)

Fax the following to: 086 530 4369

POSTAL ENTRIES

Anneke Mouton, PO Box 316, RIEBEEK KASTEEL, 7307

Cheques payable to : A H Mouton

ENTRIES ON DATE OF RACE: 06H00 - 07H45

GENERAL INFORMATION

- * Pre-entries close 25 August 2017
- * Both races start & finish at the church hall in Piet Retief Street Riebeek Kasteel
- * Runners who are not making use of a temporary licence must wear club colours (halfmarathon & 10km run)
- * No entrants under the age of 16 for halfmarathon
- * No entrants under the age of 14 for the 10 km
- * No entrants under the age of 9 for fun run
- * Traffic officials & marshalls must be obeyed at all times failing which, disqualification may follow
- * No seconding from a moving vehicle will be permitted
- * Entrants must complete a race card to be handed in at the finish
- * Cut-off (5km / 10km) : 10h30
- * Cut-off (21km) : 11h00
- * Prize giving at 11h00
- * Athletes enter entirely at their own risk. Organizers and Sponsor are not responsible for any loss, damage or injury to participant
- * Results available at: www.bolandathletics.com
- * **Proof of age is required for category prizes and category tags to be worn during race**
- * The entry fee is non-refundable
- * Enquiries : Anneke Mouton - 082 495 3234 / amouton@telkomsa.net