

# PAARL ATHLETICS CLUB

# PAARLBERG 21KM

7 OCTOBER 2017 @ 07:00AM

COURTRAI PRIMARY SCHOOL  
R60 (LICENSED) TEMP LICENSE R30 EXTRA

REGISTRATION 5:30AM – 6:45AM @ COURTRAI SCHOOL



**SPOT PRIZES AT CLOSE OF RACE. CUT OFF TIME IS 10:30AM. RACE ENTRIES ON MORNING OF RACE. NO 10KM ROUTE.**

### ENQUIRIES:

MARCEL 0828016113 / NICOLA 0845626939

WESLEY 0836301686 / RUPERT 0832343552

### MENS, LADIES and WALKERS PRIZES

Prizes	1st	2nd	3rd
16-19	R 150,00	R 100,00	R 50,00
Open (Men)	R 450,00	R 250,00	R 150,00
Open (Ladies)	R 450,00	R 250,00	R 150,00
40-49 (Men)	R 250,00	R 150,00	R 100,00
40-49 (Ladies)	R 250,00	R 150,00	R 100,00
50-59 (Men)	R 150,00	R 100,00	R 50,00
50-59 (Ladies)	R 150,00	R 100,00	R 50,00
60+	R 150,00	R 100,00	R 50,00
Walkers	R 250,00	R 150,00	R 100,00

**ALL CATEGORY PRIZE WINNERS MUST BE PRESENT AT THE PRIZE-GIVING**

### RACE RULES

1. RACE WILL BE RUN IN ACCORDANCE WITH THE RULES OF ASA & BOLAND ATHLETICS.
2. THE RACE IS OPEN TO ALL LICENSED AND UNLICENSED RUNNERS.
3. MINIMUM AGE: 16 YEARS AND OLDER.
4. COMPETITORS MUST RUN IN CLUB COLOURS WITH A VALID 2017 LICENSE NUMBER OR A TEMPORARY LICENSE NUMBER DISPLAYED ON THE FRONT OF THE VEST.
5. TEMPORARY LICENSE NUMBERS ARE AVAILABLE AT R30.00 ON THE RACE DAY FOR UNLICENSED ATHLETES.
6. ALL COMPETITORS MUST ABIDE BY THE RULES, REGULATIONS AND INSTRUCTIONS GIVEN BY TRAFFIC OFFICIALS AND RACE MARSHALS AND RACE OFFICIALS, ALWAYS.
7. AGE CATEGORY TAGS MUST BE WORN ON THE RUNNER'S FRONT AND BACK IN VISIBLE POSITION TO QUALIFY FOR AGE CATEGORY PRIZES.
8. NO SECONDING ON THE ROAD WILL BE ALLOWED EXCEPT AT OFFICIAL REFRESHMENT STATIONS.
9. A RACE CARD MUST BE COMPLETED AND PRESENTED AT THE FINISH.
10. ALL ENTRANTS PARTICIPATE AT THEIR OWN RISK AND AGREE NOT TO HOLD PAC, ORGANIZER OR SPONSORS LIABLE FOR DAMAGE, LOSS OF PROPERTY, ANY INJURIES OR ILLNESS, WHICH MAY BE SUFFERED DIRECTLY OR INDIRECTLY AS A RESULT OF PARTICIPATING IN THE RACE.

