

# Ceres®

The perfect place to grow juice

## Michell's Pass Half Marathon

10km Road-race at 07:15 & 5km Fun Run at 08:00

Saturday **29 Oktober 2022** At 07:00  
Saterdag

Plaas Uitdaagwedloop / Farm Challenge Race  
Boland Lig Wedloop / League Race

1000 Goody Bags for pre-entries + a chance to WIN R500 in a lucky draw!

Closing date for pre-entries is 21 October 2022

In accordance with the rules of the ASA and BA

Enter online at [www.topevents.co.za](http://www.topevents.co.za)

Half Marathon / 10km Registration 05:30

Half Marathon 07:00

10km Road Race 07:15

Fun Run 5km 08:00

Breakfast available from 07:30

Prize-giving 10:30



**PIONEER  
FOODS**

REALISING POTENTIAL

Stalls with local produce, refreshments and entertainment.

## See you in Ceres!!

GPS: S33.37 18 25 E19.29 85 89



**PEPSICO**

Please phone the Ceres Tourism Bureau on **023 316 1287** or fax **086 505 0455**



**BOLAND ATHLETICS**  
THE HOME OF CHAMPIONS



Apples &  
Pears



**WITZENBERG**  
Municipality • Munisipaliteit • UMasipala Wase



**NLC**  
NATIONAL LOTTERIES COMMISSION  
a member of the dti group



**ceres**  
— pure adventure

# ENTRY FORM

RACE:  21km  10km 

FIRST NAME:   
SURNAME:   
POSTAL ADDRESS:   
POSTAL CODE:   
EMAIL:   
CELL:  DOB:   
ID NO:  GENDER:  M  F  
AGE ON RACE DAY:  2022 LICENCE NO:   
AGE CATEGORY: JUNIOR  SENIOR  40-49  50-59  60-69  70+  FREE ENTRY  
LICENSED RUNNER:  Y  N CLUB (IN FULL):   
PROVINCE:

## Alle Deelnemers / All Competitors:

Number of Mitchell's 21km completed 

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.

Inskrywingsfooi/	Half Marathon	R 120.00
Entry Fee	10km Road Race	R 100.00
	Tydelik / Temporary	R 60.00
	<b>TOTAAL / TOTAL</b>	<b>R</b>

Competitor's Signature / Handtekening van deelnemer

## GENERAL INFORMATION / RACE RULES:

1. Time - Half Marathon: 07:00
2. Time - 10km race: 07:15
3. A licence number valid for 2022 or temporary number must be displayed on every athlete's vest during the race.
4. A race card must be handed in at the finish.
5. No seconding will be allowed.
6. Medals on receipt of race card.
7. The time limit for the half marathon is 3 hours 30min.
8. Minimum age: 10km - 15 years; 21km - 16 years.
9. 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.
10. Start and finish for both events: Victoria Park.
11. Prizegiving will take place at 10:30.
12. Entry fees will not be refunded unless entry is rejected.
13. Entries accepted on morning: Saturday 29 October 05:30-06:45
14. Closing date/Sluitingsdatum: 21 October for/vir pre-entries/voorafinskrivings.

## MEDALS:

<b>21km</b>	<b>10km</b>	<b>Medals on receipt of a race card.</b>
	First - Gold	Pre-entries 1000 Goody Bags
	Second - Silver	+ chance to win R500 Lucky Draw!
Cut-off 3:30	Next - Bronze	

## FUN RUN - 5KM - R15

1. Time: 08:00
  2. Entries: On the morning of the race
  3. 500 Medals
- \*Inter-primary School Competition:  
First 10 finishers = Shield + R1000

## PRIZES:

HALFMARATHON	1	2	3
OPEN	R1300	R1050	R800
40+	R320	R220	R180
50+	R320	R220	R180
60+	R320	R220	R180
70+	R320	R220	R180
JUNIORS	R100		
TEAM	4 x R100		

  

10KM RACE	1	2	3
OPEN	R800	R550	R350
40+	R280	R180	R120
50+	R280	R180	R120
60+	R280	R180	R120
70+	R280	R180	R120
JUNIORS	R550	R350	R250
TEAM	4 x R80		

## ROUTE RECORD

21 KM  
Men - 1:07:56 - Qhina Mthandazo (2015)  
Ladies - 1:25:48 - Nomvuyisi Seti (2018)  
10KM  
Men - 31:13 - William Kaptein (2011)  
Ladies - 38:03 - Bernette Cotter (2015)

Cheques payable to: CERES ATHLETIC CLUB

## ENQUIRIES

Roy Abrahams - 072 709 7003  
Nico Jansen - 078 882 5299

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

EMAIL DEPOSIT SLIP AND ENTRY FORM TO: njansen2003@hotmail.com

Online Entries: www.topevents.co.za