



# Ceres®

The perfect place to grow juice

## SPECIAL 30th Michell's Pass Half Marathon

10km Road-Race at 07:15

&

5km Fun Run at 08:00

Saturday  
Saterdag

**28 October 2023** At **07:00**

Enter online: <https://entrytickets.net>

PLAAS UITDAAGWEDLOOP / FARM CHALLENGE RACE

Closing date for entries is 20 October 2023 in accordance with the rules of the ASA and BA

|                                   |       |
|-----------------------------------|-------|
| 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 |

Stalls with local produce, refreshments.

### See you in Ceres !!

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

Collection of race numbers - Friday 27 Oct '23  
14:00 - 18:00 and on race day !!

Contact Details: [Nico Jansen - 078 8825 299 \(Cell\)](tel:0788825299) or  
[njansen2003@hotmail.com \(E-Mail\)](mailto:njansen2003@hotmail.com)





# ENTRY FORM

RACE:  21km  10km

FIRST NAME:

SURNAME:

POSTAL ADDRESS:   
 POSTAL CODE:

EMAIL:

CELL:  DOB:

ID no:  GENDER:  M  F

AGE ON RACE DAY:  2023 LICENCE NO:

AGE CATEGORY: JUNIOR  SENIOR  40-49  50-59  60-69  70+  Free Entry

LICENSED RUNNER:  Y  N CLUB (IN FULL:

PROVINCE:

Number of Michell's 21km completed \_\_\_\_\_  
Number of Michell's 10km completed \_\_\_\_\_

Alle Deelnemers / All Competitors:

*Hiermee verklaar ek dat ek 'n amafevr 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 150,00  
Entry Fee 10km Road Race R 100,00  
Tydelik / Temporary R 50,00  
**TOTAAL / TOTAL R \_\_\_\_\_**

Competitor's Signature / Handtekening van deelnemer  
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## GENERAL INFORMATION / RACE RULES

1. Time - Half Marathon: 07:00
2. Time - 10km race: 07:15
3. A licence number valid for 2023 or temporary number must be displayed on every athlete's vest during the race.
4. No seconding will be allowed.
5. Medals on receipt of race card.
6. The time limit for the half marathon is 3 hours 30 min.
7. Minimum age: 10km - 15 years ; 21km - 16 years.
8. 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.
9. Start and finish for both events: Victoria Park.
10. Prizegiving will take place at 10:30
11. Entry fees will not be refunded unless entry is rejected.
13. Closing date/sluitingsdatum 20 October 2023

## MEDALS

|                 |  |                 |
|-----------------|--|-----------------|
| <b>21km</b>     |  | <b>10km</b>     |
| First 10 - Gold |  | First -Gold     |
| Next -Silver    |  | Second - Silver |
|                 |  | Next - Bronze   |

Cut-off 3:30

## FUN RUN - 5KM - R30

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

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

## PRIZES

|                |          |       |       |
|----------------|----------|-------|-------|
| Half Marathonn | 1        | 2     | 3     |
| OPEN           | R3000    | R2000 | R1000 |
| 40+            | R 800    | R500  | R 300 |
| 50+            | R 800    | R500  | R 300 |
| 60+            | R 800    | R500  | R 300 |
| 70+            | R 800    | R500  | R 300 |
| <b>JUNIORS</b> | R1000    | R800  | R500  |
| TEAM           | 4 x R200 |       |       |
| 10 KM Race     | 1        | 2     | 3     |
| OPEN           | R1000    | R 800 | R500  |
| 40+            | R500     | R300  | R200  |
| 50+            | R500     | R300  | R200  |
| 60*            | R500     | R300  | R200  |
| 70+            | R500     | R300  | R200  |
| <b>JUNIORS</b> | R1000    | R800  | R500  |
| TEAM           | 4 x R200 |       |       |

Records  
21 KM  
Men - 1:07:56 - Qhina Mthandazo (2015)  
Ladies - 1:25:48 - Nomvuyisi Seti (2018)  
10 KM  
Men - 31:12 - Kenanelo Thulo (2019)  
Ladies - 38:03 - Bernette Cotter (2015)

**CLOSING FOR ENTRIES 20 OCTOBER 2023 !!**

