



ONRUS 10KM & 6KM FUN RUN

WHALERS ATLETIEKKLUB en GATEWAY SUPERSPAR bied aan/presents:

17 Desember 2011
07:00 (Fun Run 07:15)
Onrustrivierstrand
(Milkwood Restaurant)
Inskrywings/Entries: 05:30 – 06:45
10km – R30 6km – R10
 Navrae: Les Hanna 028 316 3820 of Carina van der Merwe 0828238632

FUN FOR THE WHOLE FAMILY **MANY LUCKY DRAW PRIZES FOR THE 10KM AND 5KM**

RULES AND REGULATIONS	
1. Registered athletes must wear 2011 licence numbers 2. Temporary licences for non-registered runners will be available at R25.00 between 05:30 and 6:30 at the start on the morning of the race. 3. Cut off time to qualify for prizes is 8:30 4. Prize-giving will be at 09:00 5. The Race is organized in accordance with the rules of Athletics South Africa and Boland Athletics. 6. Athletes must be 15 on 1 January 2011 to be allowed to participate in the 10km race 7. Traffic officials and marshals must be obeyed at all times. Disregarding this rule, may lead to disqualification.	8. Refreshment tables stocked with Coke and water. 9. No seconding from a moving vehicle will be permitted. 10. Every kilometre will be marked. 11. Results will be available at www.whalersac.co.za . 12. Athletes enter entirely at their own risk. Organizers and Sponsors are not responsible for any loss, damage or injury to participants. 13. Proof of age is required for category prizes. 14. No advertising, in the form of tattoos, or any other form of display is permitted by athletes other than that of the official club vest or the event race number. 15. The entry fee is non-refundable.

ENTER ONLINE: www.enteronline.co.za

INCENTIVE: R200 for first male under 29:30min and R200 for first female under 35min

Route record held by Owen Mc Helm (29:36) and Elana Meyer (35:24)

PRYSE	Ope	Juniors	40-49	50-59	60-	70
MANS	400 200 100	150 100 50	150 100 50	100 50	100 50	100
DAMES	400 200 100	150 100 50	150 100 50	100 50	100 50	100
MEDALJES	Goud		Silver		Brons	
	Eerste 10 Mans + 1ste vrou		11-50		51-400	

STAPPERS WELKOM/WALKERS WELCOME

