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# DELMAS 4-IN-1

ORGANISED UNDER THE AUSPICES OF NEDBANK RC-AGN

## 24 OCTOBER 2009

### DELMAS HIGH SCHOOL SPORT GROUNDS

42.2km	21.1km	10km	5km
06h30	06h30	06h45	06h45
R60.00	R40.00	R20.00	R10.00
420m Mini-Marathon	-	11h00	- R5.00

SPONSORED BY:



RUN WITH LEGENDS

- Nick Bester
- Annie Malan



- Secure child minding facilities
- Secure parking
- Tog bag area
- Shower facilities
- Jumping castles
- Food stalls
- Beer tent

WALKERS WELCOME

Entries will also be taken on the morning of the race from 05h00

ENTRIES: [WWW.ENTRYTIME.COM](http://WWW.ENTRYTIME.COM)

