



**NEDBANK
Running club**

Vanderbijlpark

PRESENTS THE:

VALENTINE'S 10 & 15 Km NIGHT RACE

AND

5 Km DEVELOPMENT RUN

WEDNESDAY, 10 FEBRUARY 2010

LAERSKOOL KOLLEGEPARK

VAN DER BIJLPARK

RACE STARTS 19:00

Entry Fee:	5 km	- R15-00
	10 km	- R25-00
	15 km	- R30-00

400 High Quality Medals with ribbons on race day.
(10 & 15Km Races) (Balance to be posted)

10 & 15 Km Race

Gold Medals to prizewinners in both races
Silver Medals to first 75 athletes in 10 & 15Km races
Bronze Medals to rest of the athletes

5 km Development Run

Medals with Ribbons

PRIZE MONEY

10km			15km		
	Male	Female		Male	Female
1 st	R200-00	R200-00	1 st	R250-00	R250-00
2 nd	R150-00	R150-00	2 nd	R200-00	R200-00
3 rd	R100-00	R100-00	3 rd	R150-00	R150-00

GENERAL RULES

1. The race is run in accordance with the rules of ASA and AVT.
2. Registered athletes must be a member of a club affiliated to ASA and wear club colours and two unaltered 2010 licence numbers. One back and one front of vest.
3. Temporary licences are available at R20-00 each for the 10km and 15km races.
4. No seconding will be allowed on the route – ample water points.
5. No club colours required for the 5km race. Please wear light coloured plain clothing.
6. Athletes indemnify the National, Provincial and Regional bodies, Sponsors and Organizers of the race against all / any actions of whatsoever nature, whatever same may arise out of their participation in the race.
7. **Walkers – Only on 5 & 10Km Races (No athletes allowed on route after 21H00).**
8. The race organizers reserve the right to accept or reject any entry.
9. Stern action will be taken against athletes found guilty of running the race without entering.
10. Minimum age for 5km run - 8 Years and older
10km run - 15 Years and older
15km run - 15 Years and older

INFORMATION

- ♥ Entries will be received at the start of the race as from 17H00.
- ♥ Results on www.raceresults.co.za
- ♥ No category prizes.
- ♥ No tog bag area.
- ♥ Reflective material to be worn by athletes for your own safety.
- ♥ No wheelchair-athletes allowed.
- ♥ Traffic officials will do point duty at all major intersections. Officials and marshals must be obeyed at all times.
- ♥ Ample parking will be available (Car - Secure will be on duty for a small donation).
- ♥ Toilets are available.
- ♥ Soft drinks and other refreshments will be on sale.

For further information contact:

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