

Reëls en Eilgemene Inligting:

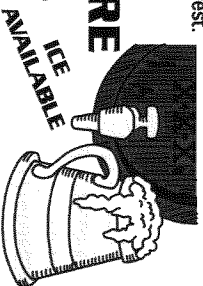
1. Die reëls van Atletiek SA en UAAF is van toepassing.
2. 2008 Lisensie nommer of 'n tydelike lisensie moet gedra word.
3. Tydelike lisensienommers sal beskikbaar wees @ R15,00 elk.
4. Ouderdomskategorieë word bepaal deur jaar van geboorte -
5. In geval van 'n dispuut sal bewys van ouderdom (ID Dokument) gelewer moet word.
6. Wegspringtyd - 11:00
7. Wedloop begin en eindig by Platberg Stadion.
8. Pysuitdeling by Platberg Stadion om 14:15
9. Verversings en ligte etes sal beskikbaar wees.
10. Athlete moet op dag van wedloop 15 jaar of ouer wees.
11. Lisensienommer moet agter op frokkie en wedrenommer voor op frokkie vertoon word.
12. Ouderdomkentekens moet duidelik voor en agter op frokkie vertoon word.
13. Afsnytyd 1 uur 15 minute by Bloekombos.

Rules and General Information:

1. The rules of Athletics SA and UAAF are applicable.
2. 2008 Licence numbers or temporary licence numbers must be worn.
3. Temporary licence numbers will be available @ R15,00 each
4. Age categories are determined according to year of birth -
5. Proof of age (ID Document) will be required in case of dispute.
6. The race starts at 11:00
7. Race starts and finishes at Platberg Stadium.
8. Prize-giving at Platberg Stadium at 14:15.
9. Refreshments and light meals will be available.
10. Athletes must be 15 years or older on the day of the race.
11. Licence numbers must be worn on the back of vest and Race number on the front of the vest.
12. Age category tags must be displayed on the front and back of the vest.
13. Cut Off time 1 hour 15 minutes at Bloekombos.

SPARPARK BOTTLE STORE

Spar Centre Harrismith



EKKOMODASIE BESKIKBAAR / ACCOMMODATION AVAILABLE

TOM'S PLACE	058 623 0006
SHADY PINES	058 622 3020
GREEN SLEEVES	082 378 2639
AFRICLASSIC	058 622 2809
La La NATHI	058 623 0282
Lali's GUESTHOUSE	083 469 3513

HARRISMITH

15 km Mountain Race Bergwedloop

Saterdag/Saturday: 4/10/2008

At/Om 11:00

Harriston School Fun Run at 11:15

Stappers / Walkers 10:30

PRE-ENTRIES PREFERRABLY -
VOORAF-INSKRYWINGS VERKIESLIK

CLOSING DATE /
SLUITINGSDATUM
29/09/2008

Powerade

