



OPTOMETRISTS-PINELANDS

10km Road Race & 5km Fun Run/Walk

Organised by: **The Pinelands Athletic Club**

SUNDAY 1 AUGUST 2010

10km start: 07h30 • 5km start: 07h35

The course consists of 2 x 5km fast laps

- ★ Medals to the first 700 – 10km finishers and to the first 200 – 5km finishers
- ★ Lots of lucky draw prizes

WALKERS WELCOME

Race run in accordance with rules of WPA and ASA

PRIZE MONEY – 10KM

Men & Women	1st	2nd	3rd
15-19	R75	R50	R30
Open	R250	R150	R100
40-49	R100	R75	R50
50-59	R100	R75	R50
60+	R100	R75	R50
Open Mens Team (4xR50)	R200		
Open Womens Team (4xR50)	R200		

ENTRY RULES

1. Entry fee is **R25.00** and **R15.00** for juniors for 10km. **R10.00** for 5km Fun Run (No temporary licence required for Fun Run).
2. 10km entrants must be **15 years** or older.
3. 10km runners must run in Club colours with valid 2010 licence front and back or purchase a temporary licence.
4. No seconding permitted.
5. Runners must obey traffic officers, race marshals and race officials at all times.
6. The time limit is **105 minutes**. Cut off 09h15.
7. Temporary licence numbers will be available at **R15.00** and **R10.00** for juniors.
8. Temporary licensed runners to wear plain clothing, no advertising.
9. Entry cards must be carried throughout the race.
10. Tog bag security will be available.
11. Social walkers welcome. Walkers to start at the back and to keep to the side of the road.
12. Entrants participate at their own risk.
13. Prize giving will be soon after 09h15.

PRIZES

1. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their Club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
2. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
3. Juniors born 1991 or later, must display age tags "J" to qualify for age group prizes. Juniors will count towards Open team prizes.
4. 2010 Licences must be worn front and back of vest and Club colours must be worn to qualify for team prizes.

INFORMATION

1. Enquiries: Hayley Smith on 082 774 0228.
2. Enter on race day between **06h00** and **07h30**.
3. Race starts and finishes at **PINELANDS ATHLETIC CLUB**, Lower Oval, Pinelands.
4. Results will be sent to all clubs.
5. **Eats and refreshments** will be on sale.
6. R1 of each entry fee will be donated to **Woodside Special Care Centre**.



WOODSIDE
SPECIAL CARE CENTRE



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Lower Oval (Off Forest Drive)