

SAAFA 5 KM & 2 KM FUN RUN/WALK – 17 MARCH 2012

The **SOUTH AFRICAN AIR FORCE ASSOCIATION** is an all-ranks meeting place, founded in 1945. This eminently worthy cause not only recreates in a light-hearted atmosphere the togetherness of its aviation-minded members, but also enjoins them to share responsibility for the needs of less fortunate ex-SAAF types and their spouses. Furthermore, the SAAFA actively promotes the image of the SAAF and its members. Indeed, the two-fold activity of having fun while raising funds continues to produce excellent results over the years. Funds raised thus are distributed via the Association's Care of the Aged programme.

SAAFA is launching an annual Fun Day event at Zwartkop in Pretoria on 17 March 2012 for all eager walkers, runners and mountain bike cyclists. This is a Fun event and you do not have to be an avid athlete to participate and it's open to all ages.

Distance & Entry Fee

Run / Walk

2km - R15

5km - R25

Cycling

7 1/2 km - R25

20km - R50

Start Time

Walk : 2km & 5km 08h30

Run: 2km & 5km 09h00

Cycling: 7 1/2km & 20km – 08h00

Venue Zwartkop (Air Force Base) Pretoria

General Information

- Entries on Race Day at Venue also from 06h30
- Water points along the route
- Refreshments available for sale on the day

Rules

- Age restrictions per event
- Medical assistance will be available
- All participants compete at own risk
- Officials must be obeyed at all time
- Time limits applicable
- Medals to all finishers
- Spot Prizes

Bring your family and friends and enjoy a morning of fun with us. Support us and help us to raise funds for SAAFA and the great cause we stand for.

Marianne Fryer

National Secretary

SAAF Association NHQ

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