



DATE: SUNDAY 17 JULY
REGISTRATION: 05:00
START TIME: 06:00
VENUE: MIDRAND HIGH SCHOOL
CNR 1ST& 3RD ROAD
HALWAY GARDENS

MIDRAND
STRIDERS



*First 150
 entries
 receive a
 free Beanie*

**MIDRAND STRIDERS
 HOSTS COMRADES
 TRAINING 60KM
 RUN**

**IDEAL LONG RUN 6
 WEEKS BEFORE
 COMRADES**

**COST: R150
 (INCLUDES SECONDING
 EVERY 3KM OF SCENIC
 MIDRAND & BEAULIEU
 OUT & BACK ROUTE
 WATER POINTS WILL
 ACCOMMODATE
 8MIN/KM RUNNERS)**

**ALL WELCOME PLEASE NOTE
 THIS IS NOT A RACE THERE
 WILL BE NO MARSHALING OR
 ROAD CLOSURES**

**PAYMENT : MIDRAND
 STRIDERS**

NEDBANK ACC : 1686005644

BRANCH : 168642

**REF : 60KM - NAME &
 SURNAME**

**RSVP WITH POP: HUSSAIN-
 0632578435 (By 10 July 22)**