



**PROSTATE
CANCER
FOUNDATION**
OF SOUTH AFRICA

**SUIT UP SEPTEMBER
2020**



SUIT UP SEPTEMBER 2020 VIRTUAL CHALLENGE

RUN, WALK, SWIM, CYCLE, LONGBOARD OR WHATEVER YOU DO, AS LONG AS YOU SUIT-UP WHILST YOU'RE DOING IT AND DONATE TOWARDS OUR CAUSE!

WHEN: Choose any day from the 24th to the 27th September

WHAT: Choose your activity

RUN / WALK: 5 / 10 / 21km

CYCLE: 29 / 40 / 100km

SWIM: 600m / 1.9km / 3.8km

OTHER: (you decide what) for 15/30/60 min

ENTRY FEE: R50

TO REGISTER AND ENTER GO TO:

<https://www.entrytime.com/event-details?EventId=6433>

After entering you'll receive a downloadable suit up badge to wear on your suit when you do your chosen activity. To be eligible to win a prize, enter your time and upload a photo of yourself doing your activity before Monday 28th September 18h00.

TO ENTER YOUR TIME

- Go to www.raceresults.co.za
- Click on the 'Suit Up September' block on the home page
- Search for your name

- Click on your name and follow the prompts

TO UPLOAD A PHOTO

- Take a photo of yourself with your outfit and suit up badge
- Upload the photo of yourself to social media using the hashtag [#suitupseptemberevent2020](https://www.instagram.com/explore/tags/suitupseptemberevent2020)

ENQUIRIES: MARGARET@RACERESULTS.CO.ZA

PRIZES FOR BEST DRESSED/WACKIEST DRESSED IN ALL CATEGORIES FOR MEN & WOMEN!!

PLUS PLENTY OF LUCKY DRAW PRIZES

FREE CERTIFICATE!!

ALL COVID19 HEALTH AND SAFETY PROTOCOLS MUST BE FOLLOWED AT ALL TIMES

For information about prostate cancer and the Prostate Cancer foundation go to:

[HTTPS://WWW.FACEBOOK.COM/PROSTATECANCERSA/](https://www.facebook.com/PROSTATECANCERSA/)

WWW.INSTAGRAM.COM/PROSTATECANCERSA

WWW.PROSTATECANCERFOUNDATION.CO.ZA

HELPING MEN GET
SMART ABOUT
PROSTATE CANCER