



Enquiries: 072-499 2602 or 057-357 1335/6

# MEDICLINIC WELKOM VISTA ESKOM ATHLETICS CLUB FS ROAD RACE



This event is approved by ASA and AFS. Run in accordance to WA, ASA, and AFS Rules and Regulations.

# 30 AUG FRI 2024



## ENTER NOW ONLINE

Enter online by scanning the QR code above or visit [www.entryninja.com](http://www.entryninja.com)  
**Online entries close on Tues 27 August 2024.**  
 Online entry collections at Virgin Active 29 Aug.  
 Request club / group / individual entry form:  
[jduplessis@polka.co.za](mailto:jduplessis@polka.co.za) / [jegardiduplessis@gmail.com](mailto:jegardiduplessis@gmail.com)  
**A copy of your proof of payment will be required**

### Daily manual entries & collections:

**19 July - 28 August**  
 Lesedi ICT ( 057-3571335/6 ) 9h00 - 16h00  
 395 Stateway, Doorn, Welkom  
 (Strictly groups of 10 and more)  
**26 July - 30 August**  
 Virgin Active Welkom 13h00 - 18h30  
 Cnr Meulen Street and Long Road - Welkom Square

**ENTRIES - DAY OF THE EVENT - VIRGIN ACTIVE - ONLY ( 13H00 - 18h30 ) until 15 minutes before each race start )**

Event organiser: Hilde du Plessis 072 499 2602  
 Safety officer: Johan du Plessis 082 059 6846  
 Technical manager: Dawie Meuter 060 378 2291  
 Medical service provider: ER24: 082 909 0382  
 Infrastructure officer: Sello Ramotshabi 083 347 3301  
 MEDICLINIC WELKOM: 057 916 5138 / 5352

TERMS, CONDITIONS, RULES AND REGULATIONS APPLY

## START / FINISH: MEDICLINIC, MEULEN STR, WELKOM

<b>16h30:</b>	<b>Mile /1.6km Fun Race - Wheelchair Disabled</b> 9 Years and older. (Wheelchair Helpers R30 extra)	R30 / entry
<b>16h30:</b>	<b>Mile /1.6km Children Fun Run / Walk / Race</b> Boys and Girls 7-15 Years old.	R30 / entry
<b>16h30:</b>	<b>Mile /1.6km Masters 60+ Fun Run / Walk / Race</b> Men and Women 60 Years and older.	R50 / entry
<b>17h00:</b>	<b>100m Toddler Fun Walk / Dash</b> Boys and Girls 3-6 Years old.	R30 / entry
<b>18h00:</b>	<b>5km Fun Run / Walk / Race (WOMEN ONLY)</b> Women only 12 Years and older.	R70 / entry
<b>18h30:</b>	<b>OPEN 5km MEN &amp; WOMEN Run / Walk / Race</b> 16 Years and older. (Includes R50 Temp License.)	R100 / entry

<b>ENTRIES OPEN</b> Wednesday 19 July 2024	<b>ENTRIES CLOSE</b> Friday 30 August 2024
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**ENTRIES - DAY OF THE EVENT - VIRGIN ACTIVE - ONLY ( 13H00 until 15 minutes before each Race start )**

CUT-OFF Times: 1.6 km: 30min (17h00) 5 km Fun Run: (19h30 ) 5km Open: (19h45)

**ALL Finishers receive a unique 22nd Celebration MEDAL !!!**

RACE IN HER HONOUR (Open 5km) Prize money:						Jnr.	40+	50+
<b>SNR. WOMEN</b>	1: R400	2: R300	3: R250	4: R200	5: R150	1. R200	1. R200	1. R200
<b>SNR. MEN</b>	1: R400	2: R300	3: R250	4: R200	5: R150	1. R200	1. R200	1. R200

Lots of team and individual awards, and lucky draw prizes up for grabs.

<b>RACE OF LOVE</b> 	<b>RACE OF JOY</b> 	<b>RACE IN HER HONOUR</b> 
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Additional donations to our beneficiaries are welcome even if you are not participating in the event.

Keep an eye on the Vista Newspaper's / Website / FB page - On Update / Prizes
