



# Qwa qwa Half Marathon

14th December 2019

Registration Fees: 21.1km (R100), 10km (R50), 5km (R30). R20 less for U-18 in any distance

Venue: Diphakweng Primary School, Mangaung, Qwa qwa, Free State  
Distance: 21.1km, 10km, 5km

Medals to be given to all finishers



TO REGISTER

ABSA ABNK

Acc no:4096856887

Branch Code:8742

Account holder: Qwa qwa AC

Ref No:ID No or Name & Surname

Or register at Ekassie Car Wash in

Naledi, contact Paena:0717050410

## Race Rules

1. This event will be held under AFS, ASA and IAAF rules.
2. Athletes advised to obey all the marshalls, traffic authorities, referees, and traffic rules. Failure to do so will lead to disqualification.
3. There will be water points at every 3km across all distances.
4. No headphones, prams, blades or mechanically operated devices will be allowed.
5. Ambulance services and first aid kits available on route.

## Prizes

21.1km

1. R200

2. R100

3. R50

10km

1. R100

2. R50

3. R30

No license, no running. Temporary license will be R30.

Qwa qwa AC-Matha Wena (0844428008)