

RACE AGAINST CRIME / WEDLOOP TEEN MISDAAD

15KM & 21.1KM Run / Walk

5km Fun Run / Pret loop



Date / Datum: 03 AUGUST 2024

Time / Time: 15 & 21.1 km – 08h00
5km Fun Run – 08h20

Venue: Landbou Saal / Agriculture Hall, Herbertsdale

Fee / Foon: 15 km - R 85.00
21.1km - R 100.00

5km - R 35.00

Presented by

Mossel Bay Harriers

HELD UNDER THE RULES OF ASWD, ASA and WA



MOSSSEL BAY HARRIERS

INFORMATION

<p>Pre-Entries: Send completed entry form with proof of payment to harriersmbay@gmail.com Dates for submission: 8 July till 26 July 2024, 18H00. ABSA Bank Branch: 632003 Current Acc Nr: 2070140902</p> <p>Late Entries: Date: 03August 2024 Time: 06H30 – 07H45</p> <p style="color: red;">Race day entries will attract a R20 premium to advertised rates.</p>								
<p>ASWD Licensed athlete take note: Timing will be done manually with stop watch / ASWD time watch. Pre-Entries need to collect time tags before start of race at entry table, Agriculture Hall from 06H30.</p> <p>Non-Licensed athletes can collect their temporary numbers race day, 03 August 2024, Agriculture Hall from 06H30</p>								
<p>Start: 15 & 21.1km 08H00 In-front of Agriculture Hall.</p> <p>Fun Run: 08H20 in-front of Agriculture Hall.</p>								
<p>Finish: Agriculture Hall</p>								
Ablution: At the Hall			First Aid: On route and at finish					
<p>Medals: To all finishers who complete the race within the cut-off time.</p> <p>15km: Gold = Category winners Silver: 30 Bronze = all other finishers in time.</p> <p>21.1km: Gold = Category winners Silver: 30 Bronze = all other finishers in time. FUN RUN: All Finishers</p>								
<p>Prize giving: 11H00 or as soon as last athlete finish at the Agriculture Hall. Athletes are responsible to collect their own prize money or prize money is forfeited. (ASA Rule 2.10)</p>								
<p>Prize Money: Equal prize money for male and female athletes.</p> <p>[Prize money for disabled athletes will only be awarded if there are three athletes racing in the same specification category.]</p>								
15km	Open	40-49	50 - 59	60 – 69	70 – 79	80+	Walkers	Junior
1 st	R200	R100	R100	R100	R100	R100	R100	R100
2 nd	R150							
3 rd	R100							
21.1km	Open	40-49	50-59	60-69	70-79	80+	Walkers	Junior
1 st	R200	R100	R100	R100	R100	R100	R100	R100
2 nd	R150							
3 rd	R100							
<p>Route: In-out route on tar road; a bit uphill/downhill.</p>								
<p>Welcome: Walkers</p>								
<p>Enquiries: Paulus Allart 0734125440 OR Jacob Karelse 0730817484</p> <p>Email address: harriersmbay@gmail.com Gillian Flores 0783316542</p>								

RACE TIMING: Will be done manually.