

Reëls en Algemene Inligting:

1. Die reëls van IAAF en ASA is van toepassing.
2. 2015 Lisensie nommer of 'n tydelike lisensie moet gedra word.
3. Tydelike lisensienommers sal beskikbaar wees @ R30,00 elk.
4. Ouderdomskategorieë word bepaal deur jaar van geboorte -
5. In geval van 'n dispuut sal bewys van ouderdom (ID Dokument) gelewer moet word.
6. Wegspringtyd - 11:00
7. Wedloop begin en eindig by Platberg Stadion.
8. Prysuitdeling by Platberg Stadion om 14:30
9. Verversings en ligte etes sal beskikbaar wees.
10. Atlete moet op dag van wedloop 15 jaar of ouer wees.
11. Lisensienommer moet agter op frokkie en wedrennommer voor op frokkie vertoon word.
12. Ouderdomkentekens moet duidelik voor en agter op frokkie vertoon word.
13. Afsnytyd 1 uur 15 minute by Bloekombos.

Rules and General Information:

1. The race is run according to the IAAF and ASA rules.
2. 2015 Licence numbers or temporary licence numbers must be worn.
3. Temporary licence numbers will be available @ R30,00 each
4. Age categories are determined according to year of birth -
5. Proof of age (ID Document) will be required in case of dispute.
6. The race starts at 11:00.
7. Race starts and finishes at Platberg Stadium.
8. Prize-giving at Platberg Stadium at 14:30.
9. Refreshments and light meals will be available.
10. Athletes must be 15 years or older on the day of the race.
11. Licence numbers must be worn on the back of vest and Race number on the front of the vest.
12. Age category tags must be displayed on the front and back of the vest.
13. Cut Off time 1 hour 15 minutes at Bloekombos.

AKKOMODASIE BESKIKBAAR / ACCOMMODATION AVAILABLE

HARRISMITH INN	058 622 1011
HERITAGE HOUSE	083 300 3534
MOUNTAIN VIEW INN	058 623 0255
JENNIES'S PLACE	058 623 1275 / 083 532 5235
GREENSLEEVES GUESTHOUSE	082 378 2639

Classic print 058 62 22894 c486

HARRISMITH

Mountain Race / Bergwedloop **15KM**



Saterdag/Saturday 17/10/2015

At/Om 11:00

Stappers/Walkers 11:00

Pretloop/Fun Run at 11:15

PRE-ENTRIES CLOSING DATE: 20/9/2015

VOORAF INSKRYWINGS SLUITINGSDATUM: 20/9/2015



Facebook: Harrismith Mountain Race
Jaco du Toit: 084 570 2544/
058 789 1131
Faks: 086 582 5220