

#### Reëls en Algemene Inligting:

1. Die reëls van IAAF, ASA and AFS is van toepassing.
2. 2016 Lisensie nommer of 'n tydelike lisensie moet gedra word.
3. Tydelike lisensienommers sal beskikbaar wees @ R30,00elk.
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 - 10:00
7. Wedloop begin en eindig by Platberg Stadion.
8. Prysuitdeling by Platberg Stadion om 13:30
9. Verversings en ligte etes sal beskikbaar wees.
10. Atlete moet op dag van wedloop 15 jaar of ouer wees vir die 15km.  
Pretloop 9 jaar en ouer.
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.
14. Buitelandse atlete wat meeding om die prysgeld, moet 'n klaringsertifikaat van hul Nasionale Federasie  
hê om mee te ding in SA en moet oorhandig word aan die klub-organiseerder voor die wedloop.
15. As gevolg van die aard van die terrein geen stootwaentjies, diere of meganiese aangedrewe toestelle  
toegelaat in die wedloop nie.

#### Rules and General Information:

1. The race is run according to the IAAF, ASA and AGS rules.
2. 2016 Licence numbers or temporary licence numbers must be worn.
3. Temporary licence numbers will be available @ R30,00 each individuals.
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 10:00.
7. Race starts and finishes at Platberg Stadium.
8. Prize-giving at Platberg Stadium at 13:30.
9. Refreshments and light meals will be available.
10. Athletes must be 15 years or older on the day of the race for the 15km.  
Fun Run 9 years and older.
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.
14. Foreign athletes competing for the prize money must provide a clearance certificate  
from their National Federation to compete in SA-handed, to the club-organiser before  
the event.
15. Due to the nature of the course No prams, animals or mechanically operated devices are  
allowed in the races.

#### **AKKOMODASIE BESKIKBAAR / ACCOMMODATION AVAILABLE**

|                         |              |
|-------------------------|--------------|
| HARRISMITH INN          | 058 622 1011 |
| GREENSLEEVES GUESTHOUSE | 082 378 2639 |
| BOOK HOUSE COTTAGE      | 082 411 8838 |

Classic print 058 62 22894 c486

# **HARRISMITH**

## **Mountain Race/Bergwedloop**

# **15KM**



**Saterdag/Saturday 15 Oktober 2016**

**At/Om 10:00**

**Stappers/Walkers 10:00**

**Pretloop/Fun Run at 10:15**

**PRE-ENTRIES CLOSING DATE: 26 September 2016**  
**VOORAFINSKRYWINGS SLUITINGSDATUM: 26 September 2016**



