MEDALJES / MEDALS

GOUD / GOLD
Eerste drie mans / First three men
Eerste drie dames / First three women
KATEGORIE WENNERS / WINNERS OF ALL CATEGORIES

SILVER / SILVER
Alle voltooiers binne 1 uur 45 minute
All finishers within 1 hour 45 minutes

BRONS / BRONZE
Alle voltooiers binne 3 ure
All finishers within 3 hours

OPE / OPEN

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>MANS / MEN</th>
<th>DAMES / WOMEN</th>
</tr>
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<tbody>
<tr>
<td>EERSTE / FIRST</td>
<td>R1300,00</td>
<td>R1300,00</td>
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<tr>
<td>TWEDE / SECOND</td>
<td>R 800,00</td>
<td>R 800,00</td>
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<tr>
<td>DERDE / THIRD</td>
<td>R 600,00</td>
<td>R 600,00</td>
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</tbody>
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40 - 49
| EERSTE / FIRST | R500,00 | R500,00 |

50 - 59
| EERSTE / FIRST | R500,00 | R500,00 |

60+
| EERSTE / FIRST | R500,00 | R500,00 |

Juniors
| EERSTE / FIRST | R500,00 | R500,00 |

Pryse / Prizes

START/BEGIN: FICKSBURG PRIMêRE SKOOL

Race Organiser: A. Fourie - 073 8086189
Safety Official: W. Torr - 084 65 86123
Technical Official: S. Fourie - 082 808 3037

NAVRAE / ENQUIRIES

Audie Fourie - 073 808 6189
Karen Schuld - 082 322 3711

23 NOVEMBER 2019
FICKSBURG
TEL: 051 933 3606
Imperani@vodamail.co.za

FUN RUN - NO PRE ENTRIES
ENTER FRIDAY EVENING OR DAY OF RACE - R20

THEIR WILL BE NO PARK RUN 23 NOVEMBER
DUE TO THE FUN RUN

CHERRY RACE

23 NOVEMBER 2019

Imperani Fun Run 4,8km
23.11.2019
7:30

FUN RUN

23 KM - WALKERS WELCOME
STARTING TIME 6:30
NO PRIZE MONEY - TIME LIMIT: 3:30
BRONS-MEDALJES/ MEDALS

SEMENTPAD
CEMENTROAD

PLANTASIE/ PLANTATION
POST OFFICE
SENKAL
BLOEMFONTEIN

START/BEGIN: FICKSBURG PRIMêRE SKOOL
By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of the sporting event and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, the fullest extent allowed in law, the organiser of the event, provincial and national athletic bodies and all local authorities from the responsibility liability or costs relating to any injury, loss or damage of whatever nature, including pre-and post race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in activity. Minor release and I, the minor’s parents and/or guardian understand the nature of athletic activity and I the minor’s experience and capabilities and believe the minor to be qualified in good health, and in proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the printed name of participant (parent/guardian in case of minor).

**LATE ENTRIES - R130.00**

**FRIDAY/SAT MORNING AT PRIMARY SCHOOL**

**PRE-ENTRIES CLOSE 12 NOV. LATE ENTRIES FRIDAY 22.11.2019 OR RACE DAY**

**VERSERINGS / REFRESHMENTS:**

**PRYSUITDELING / PRIZE-GIVING:**

**EMAIL ENTRY AND PROOF OF PAYMENT TO:**

**PLEASE DO NOT SEND ENTRIES AFTER CLOSING DATE. IT CAUSES ADMIN PROBLEMS. IF YOU MISS THE PRE-ENTRY DATE COME AND ENTER FRIDAY OR SATURDAY MORNING OF THE RACE.**

**DIRECTE INBETALINGS IN BANKREKENING/DIRECT PAYMENT IN ACC OF:**

Ficksburg Marathonklub - Absa Bank, Rek. 1890 320 380 - Tjek Rek. -

**RULES**

1. Race is presented under the rules of ASA, IAAFand AFS.
2. Non-licensed athletes may participate.
3. Temporary licensed numbers will be available at R50.
4. Age restriction for 23km - 19 years and older.
5. Athletes must wear 2019 licence number on front and back of vest and must be neatly dressed.
6. Traffic officials and race officials must be obeyed.
7. Proof of age must be given if requested.
8. Age category tags must be worn in front and back by the athletes competing for category prizes.
9. Cut off Time: 10:00
10. Foreign athletes competing for prize money must produce a clearance certificate from their National Federation to compete in SA - handed to the organisers before the event.
11. Due to the nature of the course NO prams, animals, cyclist or mechanically operated devices are allowed in the races.
12. All runners participate on their own risk. In case of an emergency report to the (next) waterpoint.

**DATE/VERWERKING DEUR R.M.S.D.P - Robbie Scholtz Ficksburg**