



SPRINGLAKE COLLIERY

Proudly presents

MPATI Mountain Race

With increased prize money & lots of Lucky Draw Prizes

This is a tough, scenic, mountainous course. The 1st 2km's are run through town. Then there is a 6km climb up mountain paths, followed by about 3km's of downhill along tarred roads. The last 4km's are run on both tar and through the veldt. There will also be a 5km Fun Run / Walk.

Date: 11 September 2010

Registration at start of Race

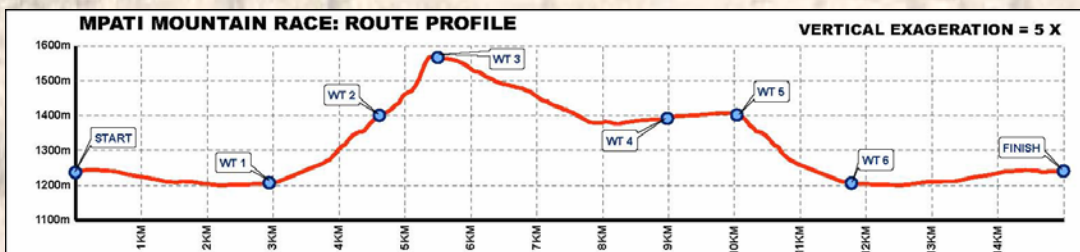
Starting time of Race: 14h00
Venue: Dundee Junior School
Entry Fee: R 50.00
Entry Fee – 5km Fun Run: R 20.00
Temporary License: R 25.00

- Age Restriction 15 yrs on day of race for 15km event
- 2010 License to be worn on front & back of vest only
- All foreign athletes must abide by rules 4:2 and 142.



Lucky Draws

Prizes: Men & Women	
First	R 750.00
Second	R 500.00
Third	R 300.00
1 st (15 – 19 yrs)	R 100.00
1 st (35 – 39 yrs)	R 100.00
1 st (40 – 49 yrs)	R 100.00
1 st (50 – 59 yrs)	R 100.00
1 st (60+ yrs)	R 100.00
1 st Team Men x3	R 50.00 each
1 st Team Woman x3	R 50.00 each
1 st Walker - Female	R 150.00
1 st Walker - Male	R 150.00
Prize of R300.00 for club with most competitors in main event! (more than 8 runners to qualify)	
All Category winners receive a gold medal	
Next 50 overall finishers receive silver medals	
All finishers receive bronze medals	
Cut off time 17h00	
Walkers welcome (no seconding allowed)	



Contact

Ken Vorster: 082 821 8004; 034 2182139

George Groenewald: 082 337 9374



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Sponsor – New Medals

You have to be present to claim your prize

Organisers

BIGGARSBERG ATHLETIC CLUB

Run under the rules of IAAF, ASA and KZNA

The race will be run in accordance with the rules of IAAF, ASA & KZNA. Runners participate at their own risk. The organizers will not be held responsible for any injuries, accidents, or losses sustained before, during or after the event. Runners must wear their 2010 license numbers.

Runners must have age category identification on both front and back of running vest to qualify for category prizes.

Runners must obey traffic and race officials.