

Get up, get going ... Run/Walk



Free T-shirts to first *350 pre-entries collected

(* Subsidized entries not eligible for free T-shirts).

Anybody entering 10 entrants or more qualify for a prize worth over ** R500

(** subsidized entries not eligible).

PRIZES

Male / Female	1ST	2ND	3RD
Open/Seniors 10km only	Running attire Valued @ R2500	Running attire valued @ R2000	Running attire valued @ R1000
Veterans	Running attire valued @ R2000	Running attire valued @ R1500	Running attire valued @ R750
Masters	Running attire valued @ R1500	Running attire valued @ R1000	Running attire valued @ R750
Grand Masters	Running attire valued @ R600		
Juniors/Learners* Mini Marathon only	Running attire valued @ R1500	Running attire valued @ R1000	Running attire valued @ R500

**LUCK DRAWS GALORE, INCLUDING RUNNING SHOES & PRIZES
WORTH OVER R40 000!**

* Juniors to supply proof of age (ID Doc) for prizes



Eastern Province Athletics

EPA OFFICE 041 374 2818/9 • www.epathletics.com



"The Human Race"

START/FINISH - Cillie High School Stadium
Voyle & Ambrose Street - Sydenham **2013**

**4.2km
Mini Marathon
& 10km race
Saturday
7 Sept 2013
07h30 (10km)
07h45 (Mini Marathon)
Cillier High Stadium**

Walkers & wheelchairs welcome!

START/FINISH: Cillie High School Stadium

Pre-entries can be collected

Friday, 6 September 2013 from 17h00 – 19h00

and Saturday, 7th between 06h30 – 07h30

(Late entries will be taken during these times)



A great challenge, a great cause - ONE GREAT HUMAN RACE