



Prizes:

All prizes are the same for male and female runners

Marathon	Open	(40-49)	(50-59)	(60-69)	(70+)
1 st	R600	R200	R200	R200	R200
2 nd	R400				
3 rd	R300				

10 km Open	Junior	(40-49)	(50-59)	(60-69)	(70+)
1 st	R200	R100	R100	R100	R100

For further information contact: Margie du Toit 0825475413 or Liz Grundlingh 0722262618

Afri-Save

CASH & CARRY

(PTY) LTD

Marathon

Saturday, 28 September 2013

**Start / Finish -
Muir College Sports Fields at 05H30**

**Also 10km at 07h00
And 5km Fun Run at 08h00**

T-Shirts to the first 300 in the marathon & 250 in the 10km

Organised in accordance with the rules of ASA and EPA by Muirite Striders & Afri-Save Cash & Carry

This is an EPA Participation League Event & a one point league for the 10km.

