

Prize Money

Male / Female	1st	2nd	3rd
Open	** R1000 / R500	R300	R200
Veterans (40-49yrs)	R250	R100	
Masters (50-59yrs)	R200	R50	
Grand Masters (60+)	R100		
Great Grands Masters (70+)	R100		
Juniors	* R500 voucher / R250 (5km only)	R150	

** These prizes will only be awarded if the winning time is under 29 minutes for the males and under 35 minutes for the females

* Under 14 minutes 50 seconds for males and under 18 minutes for females (5km)

Medals

- 10km**
- First 10 Men and first 10 Females receive gold medals
 - Next 150 finishers receive silver medals
 - Next 500 finishers to receive bronze medals
- 5km**
- Gold to first 3 finishers
 - Silver for the next 3 males & females
 - Next 200 finishers to receive bronze medals

Other Prizes:

- Flat screen TV
- Free T-shirts to 100 lucky pre-entries
- Prize worth R250 awarded to the educator who registers the most entries (minimum of 30 entries to qualify & educator must be present to receive the prize)
- First Aid Kit for 2 schools with most entries.

ORGANISED BY MALABAR ATHLETICS CLUB
IN ACCORDANCE WITH THE RULES OF EPA AND ASA



Malabar Athletics
Nelson Mandela Bay



5km Fun Run / Walk and 10km Road Race
Participation League Race

Saturday, 30 November 2013

06h30 - 10km

06h45 - 5km Fun Run / Walk

Start & Finish at
Summerstrand Life Saving Club

Registration Venue & Times:

Summerstrand Surf
Lifesaving Club

- Pre-entries can be collected on Friday 29 November 2013 from 17h00 - 19h00 & on Saturday 30 November 2013 from 05:00 to 06:30

- Late entries Saturday 30 November 2013 from 05h00 - 06h30