

Volkstrust Marathon Club



42.2km, 32 km, 21.1km and 10km Race

DATE : Friday 22 January 2010 – Night Race 19:00
Saturday 23 January 2010

TIME : Start 06:00 for Runners and Walkers
Cut off 5 hours

VENUE : Start and Finish at VOLKSRUST HIGH SCHOOL

ROUTE : Out and back, undulating course, tarred road, water points every 2km,
42.2km race will include 5km gravel road

**42.2km Race limited to 100 entries. Pre-entry only. Comrades Qualifier.
No Prize Money for Night Race. Medals to all finishers.**

Glazed Bronze Medals to all finishers within the 5 hour cut off time for Runner and Walkers.

10 km Race: Bronze medals to all the finishers.

Prize Giving:

11:30 - Open to all finishers. There will be lucky draw prizes.

Runners – 1st 3 in each race – Gold Medals + Prize Money. 4th -13th – Silver Medals

Walkers – 1st Walker in each race – Gold Medal + Prize Money

Accommodation Special:

Overnight accommodation at Volkstrust High School Hostel. Carbo-load meal the night before.
Rusks with coffee at 5:00 the morning of the race.

Accommodation: R100.00 (bedding and coffee /rusks included, as well as pasta at LAPA on evening before race)

Bookings for accommodation and/or meal at :

Carien Goosen – 084 585 6440 or Email cariengoosen@gmail.com

Refreshments:

Beer, soft drinks, hot drinks and snacks will be available throughout the morning.

For further information contact:

Alwyn Strydom: 082 334 6882

Eric Brandling : 083 244 8738

Reiner Stucky : 082 735 1104 or 034 328 1010

Liesel Gadd : 082 903 0377

Sanet Thyse : 034 328 1013

Jopie Jordan

Richard Nkosi

Quryn Van Wyk

Veronica J v Rensburg

: 083 760 2629

: 078 103 4968

: 082 921 6282

: 017 735 1100

* Race run according to rules and regulations of ASA. The organizers accept no responsibility for any loss, damage or injury suffered by participants

For more information & Entry forms visit our web site at: <http://www.volksrust.com/marathon>

PRE-ENTER - PAY ON RACE DAY

Volksrust Race Entry Fees

Distance	Starting Time	Pre-Enter and Pay on Race Day	Enter on Race Day
10km Friday Night	19:00	R30.00	R30.00
42.2km	06:00	R100.00	Only Pre-Entries
32km	06:00	R70.00	R90.00
21.1km	06:00	R50.00	R70.00
10km	06:00	R20.00	R20.00

Temporary Licences: R20.00

Grand Masters: Free

Volksrust Race Prize Money

Prize money & medals: New Medals to all Finishers within 5hr cut-off time. Gold to first 3 Ladies and Men and Silver for positions 4 to 13 in all races, regardless of category.

<u>Runners:</u>	<u>Men And Ladies</u>	<u>42.2km</u>	<u>32km</u>	<u>21.1km</u>	<u>10km</u>
	1 st	R300.00	R250.00	R200.00	R150.00
	2 nd	R250.00	R200.00	R150.00	R100.00
	3 rd	R200.00	R150.00	R100.00	R50.00
<u>Walkers:</u>	<u>Men And Ladies</u>	<u>42.2km</u>	<u>32km</u>	<u>21.1km</u>	<u>10km</u>
	1 st	N/A	R150.00	R100.00	R50.00

Special Night Race Medals to all 10km Night Race Finishers – No Prize Money