

KFC ♥

**Randburg
Harriers 10km**

**Valentine's
Night Race**



KFC
so good™

10 February 2012

**Carbo
Loading?**



**Tower
Burger**
44.90
Regular chips
& drink

RANDBURG HARRIERS
runday's are fundays

**Spot prizes & give aways!
Come dressed to impress!**

Get down to your local KFC and start carbo loading today!

Banbury • Blackheath • Bryanston • Craighall • Emmarentia • Ferndale • Randburg CBD • Robin Acres

YUM Restaurant Support Centre Florida: 011 831 3100 - www.kfc.co.za

Distance & Entry Fee

- Distance - 10km
- Entry Fee - R40
- Temporary Licence - R15
- Grandmasters - R20
- Great Grandmasters & Blind Athletes - Free

Date & Start Time

- 10 February 2012
- 19:00

Venue

- Randburg Central Sports Complex
Cnr. Republic Rd. and Silver Pine Ave.

General Information

- 'Love' theme party of the year
- Surprise give aways
- Valentine's fancy dress and post-race party with live band

Entry Details

- www.enteronline.co.za
- Randburg Harriers Clubhouse on 2 & 9 February 2012 - 17:30 to 19:30
- At the start from 16:30



For More Info

- www.randburgharriers.co.za
- www.enteronline.co.za
- Tel: 011 792 7003

Prizes Sponsored by:



Equal prize money for men and women. Total purse - R7400



Race Rules

1. The race is run in accordance with the rules of ASA and CGA. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the race. 2. Registered athletes must wear their 2012 licence number back and front. 3. Temporary licensed athletes to wear plain clothing with the issued temporary licence number worn on the front of vests. 4. All licensed athletes competing for category prizes must fill in tear-off strips and must wear numeric category tags clearly visible back and front. Proof of age for prize winners will be required and to be presented to the referees before prize giving. Prizes will be withheld until confirmed. 5. No seconding is allowed. 6. International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize. 7. Regret, no wheelchair athletes. 8. No blade, cyclist or mechanically operated device allowed in the race. 9. No animals. 10. No 2, 3 or 4 wheel carts/ prams which are mechanically or manually operated by participants will be permitted to participate without the special permission granted. Carts/prams must start at the back of the field. 11. Minimum age of competitors on the day of race - 13 years. 12. All traffic officers and officials instructions to be obeyed. 13. Please wear reflective clothing.