

**SOUTH COAST STRIDERS**  
**&**  
**COCA-COLA SABCO**  
 present the



**SARDINE 1/2 MARATHON**  
**21.1km RUN / WALK**

**ON**  
**SUNDAY 11<sup>th</sup> JULY 2010**



**START & FINISH:**

Douglas Mitchell Sports Grounds - Uvongo

Start: 06h30–Runners/walkers (cut off time 3½ hours)

T-shirts to first 600 finishers only



**PRE-ENTRY AVAILABLE ON LINE:**

**[www.southcoaststriders.co.za](http://www.southcoaststriders.co.za)**

**DEADLINE FOR PRE-ENTRY 5 July 2010**

Bar and refreshments on sale. Please support the club.

No own food or drinks to be brought onto premises.

(big screen to watch the soccer – or something else!!)

**CONTACT INFO:**

- Kim Rice – 084 5117 651 (email: [crisspies@gmail.com](mailto:crisspies@gmail.com))
- Jinks Brokensha – 082 335 0626



**Conditions of Entry**

1. Licenced runners and walkers to pay R50.00. Unlicenced runners and walkers to pay R50.00 plus R27.00 for temporary licence. Grandmasters half price R25.
2. All participants must be 16 years or older and wear 2 permanent or temporary licences (1 on front and 1 on back of vest).
3. Walkers not wearing clearly visible walking tags on front and rear of vest will be deemed to be runners.
4. Participants must be medically fit and enter at their own risk.
5. The organizers, sponsors including medical staff, marshalls and local authorities will not be held responsible for any illness or injury incurred during or as a result of the race, or for any property lost or damaged.
6. Club colours must be worn by licenced athletes. Non-licenced athletes to wear white
7. There will be seconding tables along the route – no personal seconding allowed.
8. Late comers who have not paid or filled in their tags will not be allowed to participate.
9. Togbag facility available.
10. No post dated cheques will be accepted and there will be no refunds for non-participation for any reason.
11. Age category tags must be worn on front and rear of vest in order to qualify for prizes. Proof of ID may be required.
12. All foreign athletes are required to comply with IAAF rule 4.2 and 142
13. This race run subject to the rules of IAAF, ASA and KZNA.

**General Info**

- Register on-line at [www.southcoaststriders.co.za](http://www.southcoaststriders.co.za) before 5 July 2010, collect your race number the day before at the SCS clubhouse between 14h00-16h00 or on the morning at Douglas Mitchell Sports Club. Entries will also be taken at the start from 05h00.
- Prizegiving is at 11h00

CATEGORY	FIRST	SECOND	THIRD
OPEN MEN	500	300	150
35-39	300	200	
40-49	300	200	
50-59	300	200	
60+	300		
OPEN WOMAN	500	300	150
35-39	300	200	
40-49	300	200	
50-59	300	200	
60+	300		
JUNIOR MALE	200		
JUNIOR FEMALE	200		
1 <sup>ST</sup> WALKER-MALE	350	250	
1 <sup>ST</sup> WALKER -FEMALE	350	250	

