

PRIZES



Medals to the first 1 600 finishers in the 30km race.

Relay medals to the first 275 teams in the 2 x 15km relay.

Medals to the first 150 finishers in the 5 km Fun Run/Walk.

Lots of lucky draw prizes including a peninsula sight-seeing flight for three, New Balance running shoes and Ocean Basket Vouchers.

The Ocean Basket Bay to Bay

ALONG THE SCENIC COAST FROM CAMPS BAY TO HOUT BAY AND BACK



Men & Women	30km Road Race					30km Team Race	2 x 15km Relay Race Men/Woman & Mixed		
	1st	2nd	3rd	4th	5th		1st	2nd	3rd
OPEN	R1 500 and R1 000 Ocean Basket Meal Vouchers	R1 000 and R700 Ocean Basket Meal Vouchers	R750 and R500 Ocean Basket Meal Vouchers	R500 and R300 Ocean Basket Meal Vouchers	R250 and R200 Ocean Basket Meal Vouchers	4 x R150 and 4 x R100 Ocean Basket Meal Vouchers	R500 and R500 Ocean Basket Meal Vouchers	R250 and R200 Ocean Basket Meal Vouchers	R150 and R100 Ocean Basket Meal Vouchers
40-49	R1 000 and R700 Ocean Basket Meal Vouchers	R750 and R500 Ocean Basket Meal Vouchers	R500 and R300 Ocean Basket Meal Vouchers						
50-59	R750 and R500 Ocean Basket Meal Vouchers	R500 and R300 Ocean Basket Meal Vouchers	R250 and R200 Ocean Basket Meal Vouchers						
60-69	R500 and R300 Ocean Basket Meal Vouchers	R250 and R200 Ocean Basket Meal Vouchers	R100 and R100 Ocean Basket Meal Vouchers						
70+	R250 and R200 Ocean Basket Meal Vouchers								

NOTE NEW EARLIER START TIME!

**ROAD RACE 30 KM
RELAY 2 X 15 KM**

FUN RUN / WALK 5 KM

ENTER ON THE DAY AT THE GLEN COUNTRY CLUB, CLIFTON FROM 05H00, OR ON SATURDAY 9TH JANUARY AT SPORTMANS WAREHOUSE, RONDEBOSCH FROM 10H00 TO 13H00
START TIME: 06:00. CUT-OFF: 4 HOURS

SUNDAY 10TH JANUARY 2010

Organised by the Atlantic Athletic club in association with Hout Bay Harriers in accordance with the rules of ASA and WPA



Hout Bay Harriers



www.oceanbasket.com



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