

Trail Run information

How to enter

- 1) Online at www.citizen.co.za before 11 September 2017.
- 2) E-mail entries at jjstrophies@gmail.com. Please send properly filled in entry form and e-mail it together with proof of payment.
- 3) On raceday at Sun City (Valley of Waves). Entries open at 05:30 to 07:00.

Starting times:

21km - 07:00 10km - 07:15 5km - 07:30

Prize-giving

Prize-giving will be on the stage at the Valley of Waves (VOW) at 11:00. If a competitor is not at the prize-giving he/she will forfeit the award.

Prize monies will only be paid upon presentation of an ID document or driver's licence to prove age.

Routes description

The **5 km** run will be around the Lost City inside the secure fencing and runners/walkers will have one self-help water point. Competitors will start at the VOW, exit at the service gate and run towards The Sun Vacation Club, turning onto the dirt road, past the Lost City Golf Course, then back to Vacation Club, down into the Palace gardens and back to the VOW.

There will be a chicken route for wheelchairs and disabled people (easy wheels route).

There will be a single water point on the 5 km and 10 km routes respectively.

The **10 km and 21 km** routes will be inside the secure fencing of the Sun City Resort, incorporating the Lost City, Palace gardens, with spectacular views of both the Gary Player and Lost City Golf Courses from the adjacent mountain and loops into Letaseng Game Reserve, affording runners the possibility to catch a glimpse of some game. The 21 km track will have three water points offering water, cold drinks and something to eat.

Raceday information

Competitors arriving before 07:00 on 16 September will gain free entry to the complex and secure parking area.

Busses will transport everybody to the VOW. Competitors will have free access to the VOW and non-competitors will be allowed at a special rate after 09:00. There will be shower and swimming facilities for all participants. A secure tog bag area will also be available.

Please take note

- Lots of food and drinks will be available at the VOW
- **No** private food and drinks will be allowed inside the VOW
- Only swimming in proper attire is allowed
- Breakfast will be served from early the morning

PRIZE MONIES					
21 KM			10 KM		
CATEGORY	POSITION	PRIZE MONEY	CATEGORY	POSITION	PRIZE MONEY
Senior men and ladies (from 18+)	First	R3 000	Senior men and ladies (from 18+)	First	R600
	Second	R1 700		Second	R400
	Third	R1 200		Third	R250
Senior category 21 km total		R5 900	Senior category 10 km total		R1 250
Veteran men and ladies (40 – 49 years)	First	R1 000	Veteran men and ladies (40 – 49 years)	First	Trophy
	Second	R750		Second	Trophy
	Third	R400		Third	N/A
Veteran category 21 km total		R2 150			
Masters men and ladies (50 years and older)	First	R400	Masters men and ladies (50 years and older)	First	Trophy
	Second	R200		Second	Trophy
	Third	R100		Third	N/A
Masters category 21 km total		R700			
Grand total: R20,000 (R10,000 for men and R10,000 for ladies)					



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