



10KM **DELTA**
DRAF 5KM

VENUE:

SOLMS-DELTA ON THE R45 TO FRANSCHHOEK

DATE:

24th APRIL 2010

TIME:

8h00 FOR 10km ROAD RACE

8h15 FOR 5km FUN RUN/WALK

ENTRY FEE:

Licensed Athlete R30 | Licensed Junior R15 | Unlicensed Athlete R50 | Unlicensed Junior R30

5km Participants (Free for under 12yrs) R15

REGISTRATION:

www.enteronline.co.za : Closing Date 22 April 2010 and on Race Day from 06h00 - 07h45

MEDALS TO THE FIRST 300 10km & 5km FINISHERS

LOTS OF SPOT PRIZES,

THE ROUTE IS ENTIRELY ON FARM ROADS, THROUGH ORCHARDS AND VINEYARDS.

A GLASS OF CAPE JAZZ SHIRAZ TO BE SERVED TO ALL FINISHERS

Pre-order a picnic restaurant@solms-delta.co.za : tel: 021 874 3937 ext 115

Fyndraai restaurant open for lunch

Wine tasting and museum open 9.00am - 6.00pm



SOLMS
DELTA

ENQUIRIES:

Nolan's Cell: 072-785-6529 Steven's Cell: 072-873-5038 Solms-Delta: 021 874 3937

This race is in accordance with the rules of ASA & BA Organized by Dwars River Valley Athletics Club

