





## Rules and General Information

**Run the 3-in-1 or any of the races or combination thereof**

<b>Venue:</b>	Lake Uuzi Waterfront Kiewiet street, Secunda	<b>Date:</b>	10-Mar-12
<b>Time:</b>	<b>Start</b>	<b>Cut off time</b>	<b>Fun Run Start</b>
	42.2km 6:00	11:30	3km 13:15
	21.1km 13:00	16:00	Entry fee R10.00
	10km 17:00	18:45	Medals to all finishers

**Closing Date for pre-entries** 29 February, 2012

Rules	Medals: Individual races	Age Categories
<b>Juniors must bring proof of age document</b>	Gold: To prize winner in each category  Bronze: All Finishers on the 42.2km Silver: All Finishers on the 21.1km Gold: All Finishers on the 10km	Open; 40-49; 50-59; 60+; Juniors  A runner in an older category can also win a prize in the open category.  Age categories tags must be worn on the back as well as front of the vest to qualify for a prize.

**Acknowledgement of entry**  
 Runners who supply e-mail addresses will receive confirmation via e-mail. Please bring your entry confirmation and ID document as well as proof of payment of registration.

**e-mail:** kosmos3in1@lantic.net  
**Fax:** 086 678 5728

**Postal Address:**  
 Kosmos 3-in-1  
 PO Box 11147  
 Secunda  
 2302

**Registration and Late Entries:**  
 Runners who have pre-entered must register before the race at Lake Umuzi Waterfront on Friday night from 17:00 to 22:00 or Saturday morning from 04:30 to 05:45  
 21km & 10km entries - Saturday 11h30 to 12h45 and 15h30 to 16h45

**Only for 3-in-1 athletes**

**No late entries will be excepted for the 3-in-1**

- > Goodie bags for the first 500 pre-entries
- > Special T Shirt for all 3 in 1 finishers
- > Special Dri Macs for athletes completing their 10th or 15th race.

**Contact Details:**  
 Willie Pruis 082 492 2882  
 Anelia Fourie 072 483 7373  
 Debbie Phillips 082 871 8374  
**Entries:** Corne Hattingh 083 289 2544

ENTER ONLINE at  
[www.enteronline.co.za](http://www.enteronline.co.za)

Prize Money	Open	Open	Veteran	Master	G Master	Junior
<b>Men &amp; Women</b>	<b>3-in-1</b>	<b>42.2km</b>	<b>42.2</b>	<b>42.2</b>	<b>42.2</b>	<b>N/A</b>
1st	1 000	700	500	300	200	N/A
2nd	750	500	300	200	N/A	N/A
3rd	500	300	100	N/A	N/A	N/A
Course record	2 500	1 000				
1st	N/A	21.1	21.1	21.1	21.1	21.1
2nd	N/A	500	250	200	200	200
3rd	N/A	250	100	100	N/A	100
Course record	N/A	100	N/A	N/A	N/A	N/A
1st	N/A	10	10	10	10	10
2nd	N/A	250	200	150	100	150
3rd	N/A	150	100	100	N/A	100
Course record	N/A	100	N/A	N/A	N/A	50
<b>COURSE RECORDS</b>	<b>3-in-1</b>	<b>42.2km</b>			<b>21.1</b>	<b>10</b>
Men	4:13:29 (2007)	2:17:22 (2011)			1:06:34 (2011)	0:31:17 (2009)
Women	5:10:12 (2009)	2:56:26 (2009)			1:21:34 (2009)	0:40:43 (2007)