



# Parlauf Friday 09 March 2018

## Join us for the opening event of the 2018 Cross country Season

- Westville Athletic Club, 123 Maryvale Rd, Westville
- Parlauf is a team event. Each team consists of 2 runners (preferably of a similar pace). The course is a 1km lap and the team members will alternate
- A KZNA sanctioned event: kit and licenses to be worn. Temp nos will be on sale
- Even if you do not have a team mate, come through on the night and we will be able to find you a partner.
- Our bar will be open and we have Shower facilities.
- You are welcome to bring your own meat for the braai, however, to make your life easier, we will also have Hamburgers and Wors Rolls on sale
- For more information contact:                    Les Smith 082 562 6260  
[lessmithvintage@gmail.co.za](mailto:lessmithvintage@gmail.co.za)

Programme for the Evening starts at 18h00