



# Parlauf

## Friday 09 March 2018

### Programme for the Evening

Mob Race 18h00	All U12 age groups	2km (1 x 1km each)	Free Entry
Girls & Boys 18h15	U13, U14, U15, U16 & U17	4km (2 x 1km each)	R30 per team
Women 18h45	U19, Senior & 35 plus	6km (3 x 1km each)	R40 per team
Men & Mixed 19h15	U19, Senior & 35 plus, Mixed teams	8km (4 x 1km each)	R40 per team