OLDMUTUAL
TWO OCEANS
MARATHON

OLD MUTUAL TWO OCEANS FUN RUN SERIES

Date	Saturday, 9 November 2013
Venue	The Cape Academy of Mathematics, Science and Technology, Firgrove Way, Tokai
Time	08:00
Distance	2.1km and 5.6km
Entry Fee	Free
Minimum age	6 years for 2.1km and 9 years for 5.6km on race day

Runners and Walkers Welcome!

RULES AND REGULATIONS

- Pin race entry card to your vest or shorts.
- Participants must wear/carry their race entry cards for the duration of the race.
- Minimum age: 6 years for 2.1km and 9 years for 5.6km on race day.
- Participants must run as directed by race officials; those who do not obey race officials will be disqualified.
- Water table will be at the halfway mark and a cup of Coca-Cola at the finish.
- An opportunity exists for some boys and girls to participate in the Old Mutual Two Oceans Marathon Fun Runs on Good Friday, 18 April 2014 at UCT.
- Athletes run at their own risk and cannot hold the organisers, ASA, WPA, the Two Oceans Marathon Association or sponsors liable for any injuries or accidents.
- Event organised under the auspices of the ASA and WPA rules and regulations.

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ALL FINISHERS RECEIVE A MEDAL

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OLD MUTUAL TWO OCEANS FUN RUN SERIES INFORMATION

Date	Time	Area
2013		
1 December	08:00	Delft
2014		
25 January	08:00	Somerset West
15 February	08:00	Eerste Rivier
1 March	08:00	Kuils River
15 March	08:00	Langa
22 March	08:00	Hout Bay
5 April	08:00	Mitchell's Plain

For more information on the series go to **www.twooceansmarathon.org.za** or contact the Old Mutual Two Oceans Marathon office on 087 741 2610.

OLD MUTUAL TWO OCEANS FUN RUNS

FINAL EVENT

Date Friday, 18 April 2014
Venue Upper Campus Rugby Fields, UCT
Time 12:30 onwards
Distances 56m Nappy Dash
300m Toddlers' Trot
2.1km Fun Run
5.6km Fun Run
8km Fun Run
Entry Fee R30

OLDMUTUAL TWO OCEANS MARATHON Fun Run

For more information go to **www.twooceansmarathon.org.za** or contact the Old Mutual Two Oceans Marathon office on 087 741 2610.

Organised by Western Province Athletics and the Two Oceans Marathon Association.

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