



THE HERALD 2010
FRIENDLY CITY
marathon



Hosted by Achilles
Amateur Athletic Association
www.achilles.co.za

Saturday 30 January 2010

**Holmeleigh Farm Yard,
Kragga Kamma Road.**

Start Times:

Participation League Marathon - 5:00am

10 Kilometre - 6:45am

5 Kilometre Fun Run - 7:00am

**For more information contact
Carol-Anne on 084 502 3300
or Graham Channon on 078 184 9723.**