



# HOWICK 10KM RACE

**25TH JULY 2021 | MPOPHOMENI MALL**

**RACE START : 07:00 AM**

**ENTRY FEE : R150 | TEMPORAL LICENCE : R35**

**CLOSING DATE : 21<sup>TH</sup> JULY 2021**

**COLLECTION DAY : 24 JULY 2021 | ONLINE ENTRIES : WEBTICKETS.CO.ZA**

**FOR MORE DETAILS CALL: NTOKOZO 073 492 3882 • 064 993 9463**

**MIKE EDGCUMBE: 076 537 9124**



**MAGEZA  
GARAGE**

# HOWICK 10KM RACE

NO PRIZE GIVING, WINNERS WILL LEAVE THEIR BANK DETAILS

## PERSONAL DETAILS

FIRST NAME

SURNAME

DATE OF BIRTH         AGE   GENDER  M  F

ID NUMBER

## RUNNING DETAILS

CLUB NAME

LICENCE NO  PROVINCE

## CONTACT DETAILS

EMAIL

CELL NO

## EVENT DETAILS

ENTRY FEE  R150 TEMP LICENCE  R35

TOTAL AMOUNT PAYABLE

## IDENTITY

I am medically fit to compete and fully understand that I enter at my own risk and the organisers and their sponsors will not be held responsible for any loss or injury during or as a result of the event. I agree to comply with the rules of the IAAF, Athletics South Africa and KwaZulu-Natal Athletics for my participation in this event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## GENERAL RACE INFORMATION

- All Traffic Officials, Covid Officials and marshalls must be obeyed. Breach of any Covid regulation or requirement may lead to instant removal without appeal. The race organiser and safety / covid officer have final decision in this regard.
- The race number contains a chip and must under no circumstance be folded.
- Timing will be done from gun to mat. Due to Covid all runners will be required to socially distance with masks until 10 seconds prior to the start.
- Athletes must be licensed members of a club affiliated to ASA, and should wear club colours. The race is run in accordance with and subject to WA, ASA and KZNA Rules, All foreign athletes must abide by WA rules 4.2, 22.1 & 22.1 and ASA rule 9. 2021 Provincial license numbers must be worn at the front and back of vest/crop top. Proof of age may be required for all age category winners. KZNA approved age category tags must be worn at the front and back of vest/crop top and must be clearly visible. **YOUR ENTRY FEE WILL NOT BE REFUNDED IF YOU DO NOT PARTICIPATE.**
- Water tables will have a minimum number of 4 marshalls wearing masks at all time, giving out water sachets to runners. **Strictly no seconding and spectators is allowed.**
- There will be no interaction whatsoever between managers, coaches or any other person and the athletes. No such person will be allowed in the route. Any contravention will result in disqualification of the athletes.
- Athletes must atleast be 16 years or older to participate on the 10km race
- The cut off time for the **10km is 2 hours (9:00 am).**
- Full result will be available on <https://docs.google.com/spreadsheets/d/1ktdSVWgkR0GhpVuh-qk90yuBgm5HGHOUz6aXpnZZsCr/edit#gid=0>

## ENTRIES AND REGISTRATION

- Enter online using <https://www.webtickets.co.za/v2/Event.aspx?itemid=1507109657>
- Or alternatively enter at any Pick N Pay Store.

## PRE-EVENT SCREENING

12. All athletes will be required to **COMPLETE A SCREENING FORM** on collection day, **SATURDAY 24th JULY 2021**. @ **Howick West Sport Stadium** between **10:00 - 17:00 am** failure to do so will result in the athlete entry to the event being nullified. **NO TOG BAGS FACILITY. NO COLLECTION ON RACE DAY**

## COVID PROTOCOLS

- Athletes are required to wear masks until just before the start of the event and again as soon as they have cross the finish line.
- Athletes will be required to leave the stadium immediately after completing the event and collected their medals.
- Sanitizing station will be available in the starting points.

## IMPORTANT INFORMATION

- RACE STARTS AT 07:00 AM MPOPHOMENI MALL,
- FINISH HOWICK WEST STADIUM. CUT OFF TIME 2:00 HOURS 9:00 AM
- ANYONE NEEDING TRANSPORT TO START MUST REQUEST
- LIMITED TO 250 RUNNERS ON THE DAY
- FIRST 250 RUNNERS WILL RECIEVE A FREE T-SHIRT SIZE
- CLOSING DATE 21ST JULY 2021**

## TOP 5 PRIZE MONEY

GENDER	MALES	FEMALES
1ST	R1 500	R1 500
2ND	R1 000	R1 000
3RD	R600	R600
AGE	MALES	FEMALES
40-49	R300	R300
50-59	R300	R300
60+	R300	R300
JUNIOR	BOYS	GIRLS
1ST	R500	R500
2ND	R250	R250