

22 May 2022 | Amphitheatre | 6am

Checkstar

Verulam Falcons A.C

Challenge

With  Discovery Vitality

Earn Vitality points

21.1km RUN

10km RUN/WALK

5km FUN RUN

R50 Solly M Sports online voucher at www.sollymsports.com for completing the event.



MEDALS TO ALL FINISHERS AND T-SHIRTS FOR 10 | 21.1 KM ONLINE ENTRIES



KWAZULU NATAL ATHLETICS





RACE INFORMATION

START & FINISH:

Amphitheatre, 41 Snell Parade, North Beach,
Durban, 4063

Start time: 21km 06h00 | 10km 06h00 | 5km 07h00

ENTRIES:

Entries open on 01 March 2022 - 19 May 2022

Enter at www.eventtiming.co.za or late entry
at Amphitheatre (20 / 21 May 2022)

ENTRY FEE:

5km Fun Run/Walk: R90 (Late entry R100)

10km Run/Walk: R140 (Late entry R150)

21km Run: R160 (Late entry R170)

Participants over 70 : FREE

Temporary License 10km : R60

Temporary License 21.1km: R90

NUMBER COLLECTION:

20 May 14h00 – 16h00, 21 May 09h30 – 05h00

All online entries for 10km & 21.1km will receive a T-shirt
All **finishers** will received a Discovery Vitality Series Medal.

**Runners who ran Vitality Run series 2020 at Stella
will receive the 2nd series Medal on collection day.**

ENTRY FORM:

Full Name:

ID/Passport Number:

Contact Number:

Club: Province:

ASA Number: Sex: M F

Temporary License Required: Yes No

Race Event: 21km Run 10km Run 10km Walk 5km Fun Run

Age Category: Junior Open 35 – 39 40 – 49 50 - 59 60+

PRIZE MONEY:

	21km Run										10km							
	Open		35-39		40-49		50 - 59		60+		Run		Walk		Junior			
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female		
1st	R1 000	R1 000	R400	R400	R400	R400	R400	R400	R400	R400	R300	R300	R500	R500	R500	R500	R300	R300
2nd	R700	R700											R400	R400	R400	R400	R200	R200
3rd	R450	R450											R300	R300	R300	R300	R150	R150

Queries contact : Amres Moodley 083 243 5467 | Ugan Moodley 083 704 2966 | Krish Vadivelu 073 594 5448

Race Rules & Information

- The race will be run in accordance with the rules of WA, ASA and KZNA and all participants to abide by these rules
- All foreign athletes must comply with with WA rules 4.2, 22.1 and 142 and ASA rule 9
- Refreshments will be provided along the route and no personal seconding will be permitted
- Runners and walkers to obey all Marshalls, traffic and technical officials
- Age restriction: 21km – Participants must be 16 years and older on race day
- 10km – participants must be 14 years and older on race day
- 5km Fun Run, participants under 12 years must be accompanied by adult
- Proof of age will be required for age category winners
- ASA/KZNA approved age category tags and Walker tags must be worn on top front and back of vest/crop top to be eligible for age category prizes

- Junior athletes, 16 years or younger on 31 December in the year of the competition, must wear a "J" on the upper front and back of vest/crop top in order to be eligible for prizes and must provide proof of age on race day.
- ASA LICENSE NUMBERS: Organisers/Athletes may NOT replace ASA license numbers with Competition/Race Numbers/Stickers under any circumstances. Where a Competition/Race Number is used, it must be placed so that the ASA License Sponsor and the ASA Province/Year remains visible above the Competition/Race Number. The License numerals may be covered. Athletes who fail to adhere to this rule may be disqualified. (Refer to ASA Rule 26.1.7)
- TEMPORARY LICENCES: Temporary licensed athletes are not covered by a national insurance policy. Refer to ASA Rule 25.6.15.
- Unregistered athletes running with Temporary licenses must run in neutral colours and adhere to WA and ASA rules.
- Holders of temporary licenses will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.5.13.

Signed:

Date: