

 quatro

Race of Hope

21 MAY 2022 • 7AM

5km, 10km & 21.1km

dors sox



Athletics
Gauteng North

the grove
mall

Cnr. Lynnwood & Simon Vermooten, Equestria, Pretoria

Distance & Entry Fee:

5km - R60 • 10km - R100 • 21.1km - R130

(Non-registered athletes (10 and 21.1km) must purchase a temporary license at R40)

Pre-Entries:

Register online from 16 April - 15 May 2022 at www.entrytime.co.za or at Dors Water - Entrance 3, The Grove Mall from 16 April - 20 May 2022. Entries also available at the venue on race day from 05:00.

Prize-Giving:

Prize-giving will take place at 9am at the finish point.

Cash Prizes - Runners & Walkers (10km & 21.1km):

MENS CATEGORY				WOMENS CATEGORY			
Category	1st Prize	2nd Prize	3rd Prize	Category	1st Prize	2nd Prize	3rd Prize
Open	R500.00	R200.00	R100.00	Open	R500.00	R200.00	R100.00
40-49	R200.00			40-49	R200.00		
50-59	R200.00			50-59	R200.00		
60-69	R200.00			60-69	R200.00		
70-79	R200.00			70-79	R200.00		
80+	R200.00			80+	R200.00		
Junior	R200.00			Junior	R200.00		

Race Rules:

1. The entrants will participate under the rules of ASA and AGN and it is the entrants responsibility to familiarise themselves with the rules. 2. Athletes participate at their own risk and indemnify the organisers, sponsors and national and provincial bodies against any claims that may arise. 3. Licensed athletes must wear their ASA 2022 licence numbers on the front and the back of their vests when participating in the 10km and 21.1km races. 4. Unlicensed athletes in the 10km must purchase a temporary licence and wear it on the back of the vest. 5. Race numbers must be worn on the front. The race number must not cover the logo on the ASA licence number. 6. Athletes competing for age category prizes must display the official numerical age category tags on the front and the back of their vest. 7. Minimum ages for participants in the 10km race is 14 years and in the 21.1km 18 years on the race day. 8. Category winners must provide proof of age to qualify for prizes. 9. Marshals and Traffic Officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification. 10. No seconding is allowed during the race. 11. No Pods or listening devices are allowed in the race. 12. No Bixia, Bicycle or mechanically operated device will be allowed in the race. 13. Entry fees will not be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers. 14. Cut-off times 10km 2 hours and 21.1km 3hrs. 15. No pets are allowed. 16. There will be a refreshment point at 3 km intervals along the route. 17. Medical support and Tog bag facilities will be available.

COVID Compliance:

All applicable Covid-19 regulations must be observed by all participants.

Entry Form

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Presented by



Sponsored by



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I am entering the Race of Hope The Grove Mall as follows:

(Please place a ticking box in front of each of the below)

Distance: 21.1km 10km 5km

Category: Jr. Open 40-49 50-59 60-69 70-79 80+

Gender: Male Female

Surname: Name:

Initials: ID No:

Cell nr: 2022 License no:

E-Mail: AGN Member: YES NO

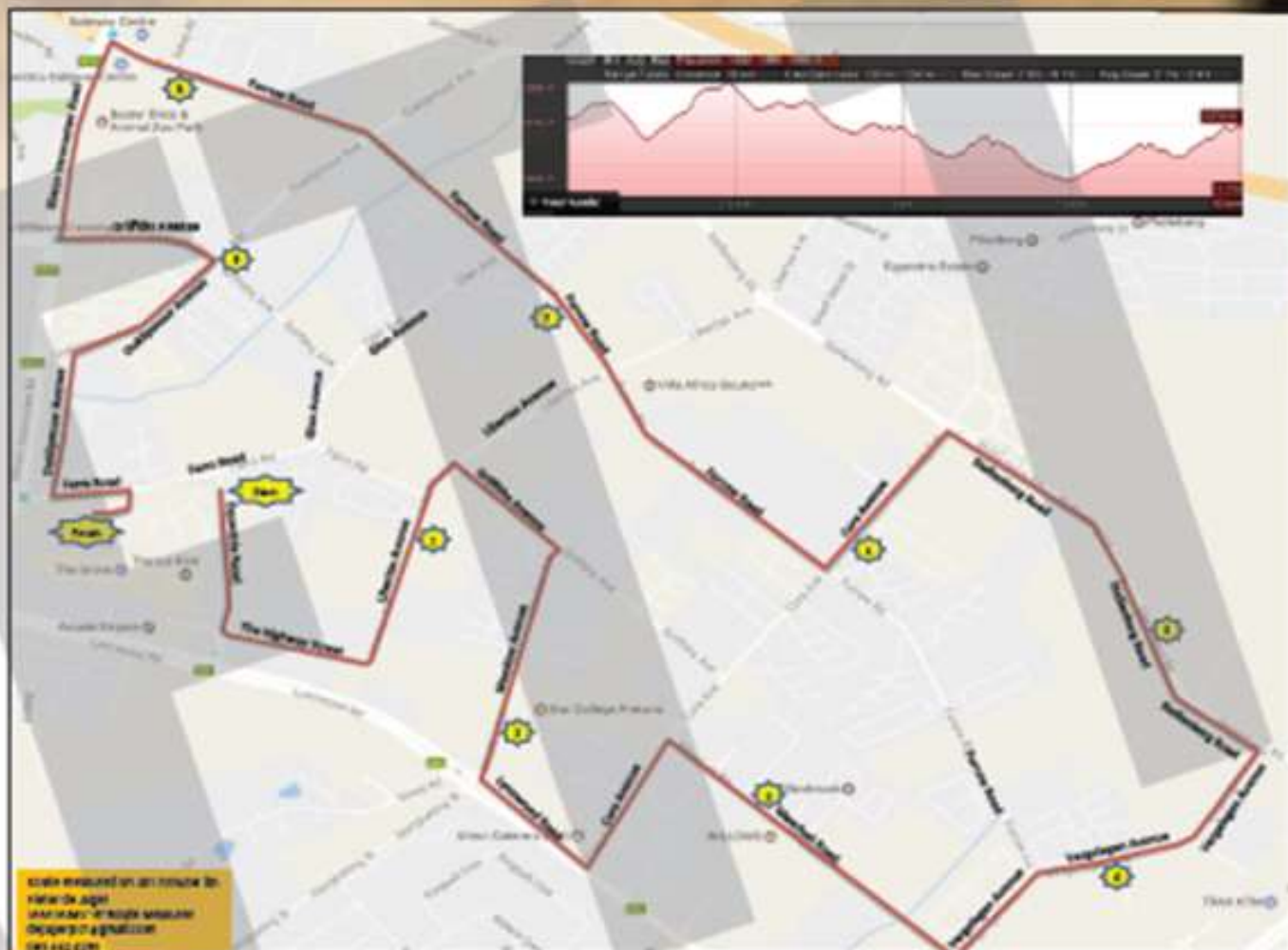
Province:

Declaration: I declare that I agree to abide by the rules of the event. I will participate in the race at my own risk and hereby indemnify the national and provincial bodies, sponsors and organisers of the race against any action or claim of whatsoever nature, which may result out of my participation in the event.

Signed: Date:

Signature of Parent or Guardian (If under 18):

For more enquiries: Daan 082 572 4169 / Paul: 082 200 4219



The Route

Cnr. Lynnwood & Simon Vermooten, Equestria, Pretoria

PROUD PARTNERS

 **quatro**



RUN WALK
FOR LIFE

dors® SOX