

WHERE IS THIS HAPPENING?

Pretoria Boys High School, Roper St, Brooklyn, Pretoria.



AMPLE PARKING AT VENUE

PARKING BEFORE 06:45

North and East Gates

AFTER 06:45

Only North Gate

PHOBIANS FIFTEEN

15KM RUN

07:00

15KM WALK

06:50

5KM FUN RUN/WALK

07:10

20 • 08 • 2022



**Athletics
Gauteng North**

PHOBIANS
Athletics Club



PHSOB Club

15 KM RACE MEDALS

- Gold Medal - To all prize winners.
- Silver Medal - To the next 180 runners / 20 walkers.
- Bronze Medal - To the next 2000 runners/walkers within cut-off time on the day.

5 KM FUN RUN RACE MEDALS

- Gold Medal - To first place male & female.
- Bronze Medal - To all finishers (max 1000 on the day)

PRIZE MONEY FOR BOTH MEN & WOMEN

NB: No category tag, no prize money!

15 KM RUN

POSITION	JUNIOR	OPEN	40-49	50-59	60-69	70-79	80 +
1st	R100	R2000	R700	R300	R150	R100	R100
2nd	-	R1000	R500	R200	R100	-	-
3rd	-	R700	R300	R150	-	-	-
4th	-	R300	-	-	-	-	-
5th	-	R200	-	-	-	-	-

15 KM WALK

POSITION	JUNIOR	OPEN	40-49	50-59	60-69	70-79	80 +
1st	R100	R200	R100	R100	R100	R100	R100
2nd	-	R150	R75	R50	R50	-	-
3rd	-	R100	R50	-	-	-	-

RACE RESULTS:

Available at raceresults.co.za

RACE INFORMATION & RULES

RACE	ENTRY FEE	START TIME	CUT-OFF TIME	MIN AGE	PRIZE GIVING
15 KM RUN	R120	07:00	2.5 Hours	15	09:30
15 KM WALK	R120	06:50	2.5 Hours	15	09:30
5 KM FUN RUN/WALK	R50	07:15	2 Hours	-	09:30

Non-Registered Athletes (15km run & walk) must buy a temporary licence at R40 each, sold on the day. Free entry available for 70+, wheelchair athletes, blind walkers & blind runners on race day only. Fun Run: Baby strollers welcome. Tog bag area available at own risk. Club gazebos welcome but fire extinguishers mandatory. Fun run will be officially timed.

All proceeds from the fun run/walk will go to the Boys High Representative Council for Learners' Charities.

RACE ENQUIRIES: Grahame 073 171 7507 | Richard 060 992 2146

ENTRY INFORMATION:

1) The race is run in accordance with the rules of ASA and AGN. 2) Registered athletes must wear the current year's (2019) licence number front and back. If issued with race number, this must be worn on the front of the vest and must be attached below the ASA logo so that it is clearly visible. 3) Temporary licenced athletes to wear temporary licence on the back of the vest. 4) All licenced athletes competing for category prizes must wear age category tags clearly visible front and back. Proof of age for prize winners will be required to be presented to referees before the prize giving. Prizes will be withheld until confirmed. 5) Walkers competing for prize money must wear WALKER/W tags on the front and back of their vest. 6) No seconding is allowed. 7) International athletes must provide a clearance letter from their Country of origin to the referee in the event of them winning a prize. Foreign athletes must abide by the IAAF rule 4.2. 8) No blade, cyclist or mechanically operated device allowed in the race. 9) No iPods or listening devices. 10) Minimum age: 15km – 15 years old. 11) Water points are approximately every 3km. 12) Medical support will be available. 13) Participants are required to obey instructions from all traffic officials, race marshals and referees. 14) Do not litter. Please use bins provided. 15) Race entry fees non-refundable. If issued with race number this must be worn on the front of the vest and must be attached below the ASA logo so that it is clearly visible. 16) Club gazebos to be erected latest race day between 05h00 and 06h30 after which all vehicles must be removed from the field.

RELEASE & WAIVER:

In consideration of the acceptance of my entry, I, for myself, my executors, heir's administrators and assigns, do hereby release and discharge Phobians Athletic Club, National Provincial bodies, any and all sponsors, any and all volunteer groups, any and all medical personal, any and all local authorities from all claims for injuries, damage or property loss I may suffer caused by the negligence of them and or out of participation in this event, including pre and post race activities. By entering these events, I declare that I agree to abide to the rules of the race and rules of ASA. I am physically fit and sufficiently trained to participate in this event.