



500 LOAVES OF BREAD
TO FIRST FINISHERS

ALBANY HERITAGE DAY RACE

In celebration of our Cultural Diversity

SE8 Boulevard shopping centre,
CNR/O ANDRIES POTGIETER BOULEVARD AND
HENDRIK VAN ECK BOULEVARD.

24 SEPTEMBER 2022

Start time: 21.1km and 10km : 06:15
5km starts at : 06:30

Online Entries Open 05 July 2022
Enter at: www.entryninja.com

Enter at Sportmans Warehouse, Vanderbijlpark,
Eastgate, Eastrand Mall and Four Ways

RACE NUMBER COLLECTION:

1. Sportsmans warehouse from 20 -23 September
2. Race day from 04:00 until 10 minutes
before race start

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FEEL THE LOVE.
FEEL THE FRESHNESS!

1. ONLINE ENTRIES

Open 5 July 2022

Closing date for online entries:
15 September 2022
Enter and pay at entry ninja

Heritage Day race

- 10km registration R120 pre- entry, late entry R150
- 21.1km registration R150 pre-entry, late entry R180
- Grand Masters 10km R80 and 21.1km R100
- 5km registration R80
- Entries open July 2022
- Pre-entry close 16 September 2022
- Late entries on 23 September at SE8 from 14:00 -19:00 and 24 September from 4:30-06:00
- Store entries at Sportsmanswarehouse from 01 July to 2022 23 September 2022
- Online race number collection at the Venue on 23 September from 14:00-20:00 and on race day from 04:30-05:45

Temporary license R60

| 10km Male and Female open | 21.1km Male and Female open |
|--|---|
| 1. R1200 | R2000 |
| 2. R800 | R1500 |
| 3. R500 | R1000 |
| 10km Juniors | 21.1km Male and Female Juniors |
| 1. R500 | R1000 |
| 2. R300 | R750 |
| 3. R200 | R500 |
| 10km Male and Female Veterans & Masters/Grandmasters | 21.1km Male and Female Veterans and Masters/Grandmaster |
| 1. R500 | R700 |

2. MANUAL/STORE ENTRIES

Sportsmanswarehouse Eastgate, Fourways, Eastrand mall and Vanderbijlpark from 01 July 2022

3. RACE NUMBER COLLECTIONS:

23 September 2022 at Sportsmans warehouse from 14H00 until 18H00 All above mentioned Sportsmans warehouse outlets stores

24 September 2022 at race venue Se8 Boulevard shopping centre

PARKING

Parking for the race is available at the venue

Race Rules

21.1km and 10km starts at 06:15
5km. Start at 06:30

1. Race under the rules of WA, ASA and AVT.

2. Age restriction:

21.1 km: The participant must be 16 years or older on race day.

10 km: The participant must be 14 years or older on race day.

3. All foreign athletes must abide by WA rules 4.2, 22.1 and 142 ASA rule 9.

4. ASA/AVT approved age tags to be worn on upper front and back of vest/crop top, to be eligible for age category prizes.

5. The race number must be worn over the permanent license number on the front of the upper body clothing and be placed so that the ASA province year remain visible above the race number (ASA Rule 26.1)

Temporary license athletes must wear the race number on the front upper body clothing.

6. 2022 license number must be worn on the back and front of vest.

7. Race numbers and license numbers must not be worn on shorts/tights.

8. Temporary license must be worn on back of vest and the completed tear-off slip must be lodged with the organizers at the end of the race.

9. Cut-off times:
21.1 km: 3hrs 30 min
10 km: 2hr 00 min

10. Results will be sent via sms and Finish Time website.
www.entryninja.com

11. Disqualified athletes will not be eligible for any incentives or

giveaways.

12. Participants must obey the race officials, marshals and traffic officers.

13. Entry fee is non-refundable

14. Prize money only for the race you enter.

15. Refreshment stations every 3 km and no personal seconding will be allowed.

16. All participants to abide by the rules and regulations of the event. You participate in the event at own risk and hereby indemnify the national and provincial bodies, sponsors and organizers of the race against any action or claim of whatever nature, which may result from my participation in the event.

17. All covid-19 regulations will be followed as per current restrictions.