



10 & 21km ROAD RACE

+ 4km Fun Run / Walkers Prizes



13 November 2022 • Start 06:00am

Venue: Alberton Athletic Club

The Alberton Rugby Stadium - Corner 2nd Ave & Braun Ave, Verwoerdpark

ENTRY FEES: 10km - R100 | 21km - R170

Strictly pre-entries only! Now available at www.peaktiming.co.za
Discounted entry fees for Grandmasters, refer to pricing info online.

Race numbers can be collected on Friday 11 November and
Saturday 12 November between 09:00 and 14:00 at the venue.

NO LATE ENTRIES OR TEMP LICENSES WILL BE SOLD ON RACE DAY!

Temp License: R35 Fun Run entry fee: R20

FOR MORE INFO & RULES

www.albertonathleticclub.co.za • www.facebook.com/albertonaac
Anton 084 660 0601 • Glyn 082 451 6317 • Eugene 082 412 8127



RACE-DAY MEMORIES PROUDLY CAPTURED BY SMACPIX



EQUAL PRIZE MONEY FOR MEN & WOMEN. PRIZES WILL BE PAID VIA EFT

An additional R500.00 will be paid to the male or female winner of the 10 or 21km who betters the existing course records. The current records are: **10km Men - 29:45 (2020)** **10km Women - 34:23 (2020)**
21km Men - 1:05:55 (2002) **21km Women - 1:19:48 (2001)**

10KM	OPEN	VETERAN	MASTER	G/MASTER	JUNIOR	WALKER
1ST	R700.00	R350.00	R250.00	R200.00	R200.00	R400.00
2ND	R450.00					R250.00
3RD	R300.00					R150.00
21KM	OPEN	VETERAN	MASTER	G/MASTER	JUNIOR	
1ST	R1200.00	R450.00	R350.00	R300.00	R300.00	
2ND	R800.00					
3RD	R400.00					

- The race is held under the rules of ASA and CGA.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event they are medically fit to participate.
- Licensed athletes must wear club colours and their 2022 license number on the back and front of their vest, with the race number worn on the front of vest. Note that the race number may not cover the ASA and sponsor logos at the top of the 2022 license.
- Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their vest.
- International athletes must provide a clearance letter (from their country of origin) to the organisers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
- Walkers competing for walker prizes (if any) must wear walker tags on the front and back of their vest.
- No blades, cyclist or mechanically operated devices allowed in the race.
- Foreign athletes are to comply with ASA rules.
- The domicilium rule applies.
- No 2, 3 or 4 wheel carts/prams, which are mechanically or manually operated by participants, or wheel chairs athletes will be permitted to participate without special permission granted by the race organiser. All such participants must start at the back of the field.
- No animals/pets are allowed to participate.
- Minimum age for participation: 15 years old.
- Prize winners must present their proof of age to the referees before the prize-giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
- Only those who have completed all the information required in the race entry/number are eligible for prizes.
- No refunds will be given once an entry is purchased. In the event that the race is cancelled due to reasons outside the organisers' control, the race will be converted to a virtual run. In such a case, arrangements will be made for medals to be couriered to entrants. Note that this might incur extra postage fees/costs.
- No earphones, iPods and similar devices are allowed, as they are in contravention of the IAAF rule 144.2b and will lead to disqualification.
- Athletes may not run with another athlete's race number unless by prior arrangement with the organiser.
- The race organiser retains the right to refuse entry and reject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
- Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Runners who allow their race number to be duplicated will be liable to face a CGA disciplinary with the possibility of a ban.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins or face disqualification.
- Race results will be available online at: www.peaktiming.co.za