

RULES & GENERAL INFORMATION

ALL ATHLETES

- The time limits for all events will apply as stipulated under race information.
- All entrants must be amateurs as defined under ASA rules and according to the age restrictions as stipulated under Race Information.
- Marshals and traffic officials must be obeyed at all times. Failure to comply with their instructions will lead to immediate disqualification.
- No seconding or vehicles on routes will be allowed.
- Sufficient refreshment stations will be provided on routes.
- All entrants will participate under the rules of AGN and ASA, and the athlete must familiarise themselves with the rules.
- Each athlete's responsibility is to ensure they are medically fit and healthy to participate in any events.
- The race committee reserves the right to accept or reject any entry. The judge's decision is final.
- Proof of age for prize winners is required & must be presented to referees before prize giving. Prizes will be withheld until confirmed.
- Athletes must wear official numeric age category ID tags and "W" tags for walkers on the front & back of the running vest and clearly visible.
- Regret no mechanically operated device or blade, cyclist, pram or wheelchair is permitted to participate in the races.
- No animals are allowed in the races.
- No iPods or listening devices are allowed.
- Temporary licensed athletes are eligible for open, and category prizes provided the age category tag is clearly visible back and front of the running vest.
- Objections must be lodged in writing within 30 minutes [before or after the] prize giving to the chief referee, accompanied by R300.00, which is refundable if the appeal is upheld.
- Blatant running by walkers will lead to immediate disqualification. Walkers competing for the prize money should not cover their knees because it will lead to disqualification.

LICENSED ATHLETES

- All entrants for the 10km and 21,1km events must have a valid 2023 license number which must be worn on the front & back of the running vest. The race number issued by the organisers must be worn on the front of the running vest without obscuring the sponsor's detail on the licence number.
- As per Circular 41 of ASA 2022, the eligibility period of 2022 ASA licenses is extended to February 2023. Thus, both 2022 & 2023 permanent licenses are eligible.

UNLICENSED ATHLETES

- Unlicensed 21,1km and 10km athletes must purchase a temporary licence number. The temporary license for 2023 is R50. Athletes must wear this number on the back of the running vest and the race number issued by the organisers on the front of the vest.

RULES & GENERAL INFORMATION

CHIP TIMING

- A timing chip will be attached to the front of the 21,1km & 10km race numbers which must not be removed or damaged. The timing chip must be visible when crossing the mats at the finish line. The entry form and race number information are linked to the timing chip.
- NO CHIP, NO RESULTS

PRIZE GIVING & SPOT PRIZES

- Prize giving will take place at the venue.

RESULTS

- Preliminary results available within 48hrs at results.finitime.co.za
- Official results available after five days at www.raceresults.co.za
- TOG BAGS (At owner's risk)
- Tog bag facilities are available at the venue.

GENERAL

- Routes. The 21,1km & 10km routes are single-lap routes. Distance markers are displayed every km.
- Refreshment stations approximately 3km apart will provide cold Coke and water sachets. Do your bit to ensure that the race is litter free. Dispose of cups & water sachets in the recycling bins at the refreshment stations.
- Medical support is provided along routes and at the venue.
- Fast foods and refreshments are on sale at the venue.
- Only official and accredited vehicles can park at the Finish & the club sites. Please set up club gazebos on the Friday before race day. Security will be deployed at the venue.
- The entry fee is non-refundable.
- Toilet facilities will be available at the venue.

TROPHIES

- Trophies to overall male and female runner/walker winners (21,1 km and 10 km).



Intercare classic road race

Saturday 4 February 2023

06h00

Rietondale Park

PRIZE MONEY

21,1 KM (MEN & WOMEN)							
POSITION	OPEN	40-49yrs	50-59yrs	60-69yrs	70-79yrs	80yrs+	Juniors
1st	R2000	R500	R400	R200	R200	R200	R200
2nd	R1500	R400	R300				
3rd	R1000	R300	R200				
4th	R500						
5th	R400						

10KM (MEN & WOMEN)							
POSITION	OPEN	40-49yrs	50-59yrs	60-69yrs	70-79 yrs	80yrs+	Juniors
1st	R500	R300	R200	R200	R200	R200	R200
2nd	R300	R200	R100				
3rd	R200						

WALKERS (MEN & WOMEN)		
	1ST	2ND
21,1KM	R300	R200
10KM	R200	R100

MEDALS

	21,1 KM	10KM	5KM
GOLD Runners/Walkers	All Prize Winners (M & F)	All Prize Winners (M & F)	1st Male & Female
Silver [Runners]	Sub 90 minutes	Sub 45 minutes	N/A
Silver [Walkers]	Position 1-5 (M&F)	Position 1-5 (M&F)	N/A
Bronze	To all Finishers within cut-off times		



**Athletics
Gauteng North**

● 21,1 km ● 10 km ● 5 km



ADDITIONAL PRIZES

TROPHIES

Trophy to overall male & female runner/walker winners [21,1km & 10km]

ENTRY FORM

Refer to entry instructions for entry submitting options

PLEASE SUPPLY ALL INFORMATION – PRINT CLEARLY USING BLOCK LETTERS

Event Entering: [please tick]

21,1km 10km 5km

RACE NUMBER	TEMP.LICENSE NUMBER
<input type="text"/>	<input type="text"/>

PERSONAL INFORMATION

SURNAME

FIRST NAME INITIALS

CELL NO

EMAIL

DATE OF BIRTH

AGE ON DAY OF RACE MALE FEMALE

AGE CATEGORY [Please tick]

J OPEN 40 – 49 50 – 59 60 – 69 70-79 80+

Do you belong to an athletics club? Yes No [If yes, complete the following:]

2023 LICENCE NO [IF APPLICABLE]

PROVINCE [Please tick] AGN CGA OTHER

CLUB IN FULL [IF APPLICABLE]

ENTRY FEES (Tick the applicable race entry) **NO CHEQUES ACCEPTED**

Distance	Pre-entry until 25 Jan	<input checked="" type="checkbox"/>	Entries 3 & 4 Feb	<input checked="" type="checkbox"/>
21,1km	R175.00		R200.00	
Athletes 60 - 79yrs	R60.00		R200.00	
10km	R120.00		R140.00	
Athletes 60 - 79yrs	R50.00		R140.00	
5km Fun Run/Walk	R50.00		R50.00	
Athletes aged 80+yrs	Free		Free	
Blind Runners	Free		Free	
Event T-shirt	R120.00		R120.00	

TEMPORARY LICENCE NUMBER

Unlicensed athletes entering the 21,1km & 10km must purchase a temporary license number at R50.00 and be included with the entry fee.

Distance		<input checked="" type="checkbox"/>
10/21,1km	R50.00	

TOTAL AMOUNT PAYABLE: R

Indemnity. I agree not to hold AGN and any sponsor, or any person assisting in the organization or holding of the event liable for any injury or illness, which I may suffer directly or indirectly as a result of participating in the event, or for any damage to my property or loss of my property which I may suffer directly or indirectly as result of participating in the event.

SIGNATURE OF ENTRANT

DATE

SIGNATURE OF PARENT/GUARDIAN
[IF UNDER THE AGE OF 18 YEARS]

EVENT OFFICE FOR RACE ENQUIRIES

Liesel 063 218 6245

Email:

liesel@virtualbusinessassistant.co.za

www.magnoliaroadrunners.co.za

RACE INFORMATION

DISTANCES	START TIMES	CUT-OFF TIMES	MINIMUM AGES	PRIZE GIVING
21,1km	06h00	3hrs	16yrs	09h00
10km	06h20	2hrs	14yrs	08h15
5km	06h25	1hr	9yrs	08h15

THE VENUE RIETONDALE PARK

North Road, Rietondale, Pretoria

GPS co-ordinates

S25 43.980 E 28 13.239

ENTRY INSTRUCTIONS

Late entries will be accepted for the 5 km, 10 km and 21,1 km distances. Please note that pre-entries close on 25 January 2023.

PRE-ENTRIES	PAPER ENTRIES BY HAND	ONLINE ENTRIES
Closing Date: 25 Jan 2023	N/A	Address: www.intercare.co.za

ENTRIES PRIOR TO RACE DAY

At Venue: Rietondale Park

- Friday 3 February: From 13h00 to 18h00
- Saturday 4 February: From 04h30 to 06h00

COLLECTING OF RACE NUMBERS

ONLINE ENTRIES

Must collect race numbers, temporary licence numbers [if applicable] as follows:

At Finish Venue: Rietondale Park, North Rd, Rietondale

- Friday 3 February: From 13h00 to 18h00
- Saturday 4 February: From 04h30 to 06h00

EVENT DRI-FIT SHIRT: R120.00

Order your event Dri-fit shirt online at www.intercare.co.za
Limited number of Dri-fit shirt [if not sold out] will be available at the venue, Rietondale Park between 3 and 4 February 2023.



The first 250 entries for the 10km or 21,1 km race will receive one of these beautiful towels!