



KWAZULU-NATAL ATHLETICS

SUPERSPAR  **HILTON QUARRY**

Harcourts **RONNIE DAVEL**



**16KM RUN or WALK &
6KM FUN RUN/WALK**



WHEN & WHERE

- **Date:** Sunday 15 January 2023
- **Start Time:** 07:00 (16km Run or Walk); 07:20 (6km Fun Run/Walk)
- **Venue:** Laddsworth Primary School, Winstead Road, Hilton, KZN

16 KM ROUTE

- An undulating and scenic route through Hilton village & surrounding Mondi Mountain Home Forest Estate, starting and finishing at Laddsworth Primary School.

CUT OFF TIMES Runners & Walkers: 3 hours

ENTRIES & REGISTRATION (16 km Run or Walk)

- The entry fee for 16 km Runners & Walkers is **R130**, which includes a light meal.
- Registration on Saturday 14 January 2023 from 11h00 - 12h00 or on race day from 05h30 - 06h45 at Laddsworth Primary School.
- All licenced athletes must wear their correct club colours.
- 2023 licence numbers and KZNA approved age category and "Walker" tags must be worn on the front and back of running vests, not on shorts. 2022 Licences are valid for this race.
- Temporary licences can be purchased at registration for R60 and must be worn on the front of plain colour vests with no advertising.
- Minimum age to enter is 16 years. Free entry for over 70's on presentation of ID.
- No personal seconding is permitted.
- All foreign athletes must abide by WA, ASA and KZNA rules 4.2, 22.1 & 142 and ASA Rule 9.

PRIZE-GIVING (16 km Run or Walk)

- Prize-giving will begin at 10:00.
- There are a number of non-cash position and age category prizes and various lucky draw prizes. Identification can be requested for proof of age from category winners.
- A special trophy will be awarded to the club with the most entrants in the 16km race.

6KM FUN RUN/WALK

- The entry fee for the 6 km Fun Run/Walk is **R70**, which includes a light meal.
- Free entry for over 70's on presentation of ID.
- The route is a cross-country around St Annes' beautiful grounds & wetland.
- Participants in the 6 km Fun Run/Walk will ONLY be eligible for lucky draw prizes.
- Registration on Saturday 14 January 2023 from 11h00 - 12h00 or on race day from 05h30 - 07h10 at Laddsworth Primary School.

Athletes must note this race will be run in accordance with WA, ASA and KZNA rules. Athletes participate at their own risk and must obey all traffic officials and marshals. The organisers, ASA and KZNA will not be held responsible for any injury or illness during or as a result of the race, or for any property lost or damaged along the route or at the venue.

For more information contact: **Jarryd Heathman** 072 624 8772 jheathman0@gmail.com



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