



medihelp
sunrise monster
2023

The **monster is back!**
Are you **READY?**

5 km • 10 km • 21 km • 32 km

A timing chip is included in your entry fee and will be attached to your official race bib.

SATURDAY
4 March 2023

HARLEQUIN CLUB
Groenkloof, Pretoria



Entry fee

	32 km	21 km	10 km	5 km	Temporary licence
Online entries close on 3 March 2023 at midnight	R250	R200	R150	R50	R50

Special race features

32 km Sunrise Monster	21 km Half Monster	10 km Mini Monster
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Medals for winners of each category | **Timed by Peak Timing**

5 km fun run (Baby Monster)

No temporary licence required.

Entry and collections

Online entries close on **Friday, 3 March 2023** at 24:00. Race numbers can be collected at the Harlequin Club on Friday, 3 March 2023 from 11:00 to 18:00, *or on race morning (04:30-05:30)*

JHB collection point:

Thursday, 2 March 2023 at Running High, Shop 2, Bedford Arcade, 55 Van Buuren Road, Bedfordview from 11:00 to 17:00.

Enter online



www.bit.ly/PT_Sunrise2023

Race enquiries:

Megan Hesse - 082 896 4377

Jaun-Pierre Robbertse - 082 455 6465

All races

- The tog bag area will be available at own risk. Please note that, although all possible security precautions will be taken, tog bags are kept at the owner's risk. All participants must comply with the security arrangements and instructions.
- Netcare 911 will provide medical support en route as well as at the finish.
- Hot and cold refreshments will be on sale.
- Water points will be available approximately every 3 km along the route.
- Toilets are available.
- Club gazebos are welcome and may be erected at your own risk after 12:00 on Friday, 3 March as per the organisers' field allocation. Overnight security will be present. NO cars will be allowed on the field on race morning and any trailers/gazebos will have to be pushed or carried to the designated club areas.
- Athletes are requested to run clean, and to discard their litter only in the bins provided at the demarcated water point areas.

Starting times:

32 km	06:03
21 km	06:03
10 km	06:30
5 km	06:45

Prize-giving:

10 km	08:30
21 km	09:30
32 km	09:30

Join Medihelp MultiSport

Attention Gauteng North runners:

Join Medihelp MultiSport for **only R300** per year to get your **free joining pack** and **50% discount** on Club running gear.

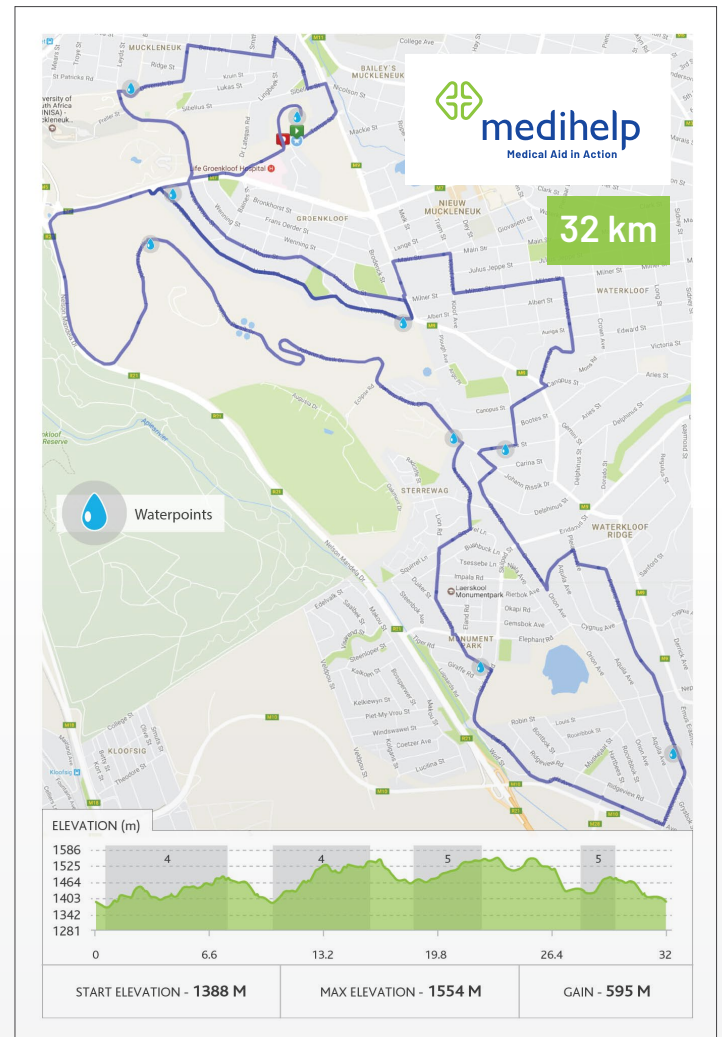
Visit our club gazebo on race day or www.medihelp.co.za to join.

Rules for entries

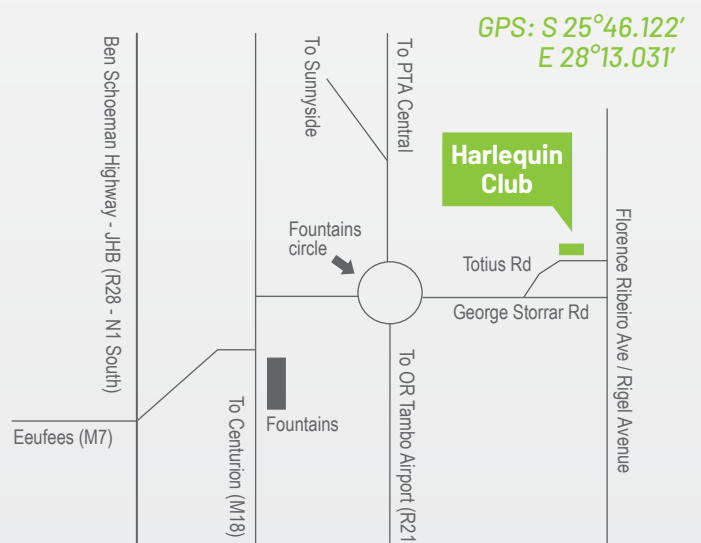
for all Sunrise Monster events

- The race is held in terms of the rules of Athletics South Africa ("ASA") and Athletics Gauteng North ("AGN").
- Athletes participate at their own risk and by their entry and participation fully indemnify the organisers of the Sunrise Monster events, ASA, AGN, all official sponsors and partners, volunteer groups, medical suppliers, and any and all local authorities, from any direct or indirect loss or damage, however caused, arising from their participation in the event or related to the event, including pre-race and post-race activities.
- All athletes are required to wear their Medihelp race numbers on the front of their running vests, taking care not to obscure the ASA/main sponsor logo on the valid licence number below.
- Registered athletes' race numbers must be visible at all times and worn on the front and back of the upper outer garment.
- Non-registered athletes are required to purchase a temporary licence in addition to the race entry fee and this number must be worn on the back of their vest.
- No licence numbers are required for the 5 km fun run (Baby Monster).
- No athletes under the age of 19 years on the day will be allowed to enter the 32 km race.
- No athletes under the age of 16 years will be allowed to run the 21 km race.
- No athletes under the age of 14 years will be allowed to run the 10 km race.
- No athletes under the age of 9 years on the day will be allowed to run the 5 km fun-run.
- Age category indication will be included on the printed race numbers which must be clearly visible on the front and back of the running vest, if competitors are to be eligible for any age category prize.
- An athlete may only compete in the age category displayed on his/her vest. Thus, a master will not qualify for any veteran or master prizes.
- An athlete may, however, decide to enter for a younger age category by wearing the specific age category tag for a specific event.
- In all races with pre-entries or where different age categories are accepted, athletes must enter for the age category corresponding to the age category tag displayed on their running vests.
- Any athletes who cannot on request produce acceptable proof of age documents will be afforded three days in which to comply, failing which they will not qualify for any age group prize.
- Walkers competing for prizes should have their "W" ID tags prominently displayed on the front and back of their vests.
- Marshalls, traffic police and all race officials must be obeyed at all times. If athletes are instructed to stop by any medical, race, traffic or police officials, they shall do so immediately.
- For safety reasons, the use of personal music players with earphones or headphones is not allowed. Any person using such device in contravention of WA TR6.3 or ASA Rule 34.10 shall not be eligible for individual or team prizes and may be disqualified.
- No animals are allowed to accompany an athlete during any event.
- The **no mobile seconding** rule will be strictly enforced. No seconds may drive, cycle or run alongside any athlete on the route. The **stand and hand** rule, whereby an athlete's seconds may stand at any refreshment station along the route and hand refreshments to their athlete while they remain stationary, will apply. No seconds may travel on the race route. Seconding may not be conducted directly from a vehicle, whether moving or stationary.
- Athletes may be requested by race officials to verify their age and provide proof of identification.
- Entry fees are non-transferable and non-refundable.
- In the event of non-participation, an entrant may not allow another runner to use his/her number without permission from the race organiser, which permission must be obtained at least 24 hours in advance.
- International athletes competing must adhere to WA Rules (WA Rule 4.2).
- For the safety of athletes, convenience of the public and efficiency of medical/race personnel, there will be cut-off times at specific places on the route. These times are shown below and will also be made available on the website. Competitors who miss the cut-off will not be allowed to continue on the course, and will be routed directly to the finish or placed on a sweep vehicle for transport to the finish line.
- Cut-off times:**
 - 32 km** – 4 hours 30 min (runners and walkers)
 - 16 km en route – 2 hours 15 min
 - 21 km** – 3 hours 30 min (runners and walkers)
 - 10 km** – 2 hours 30 min (runners and walkers)
 - 5 km** – 1 hour 30 min (runners and walkers)
- Routes are not suitable for wheelchair athletes.
- Peak Timing will be used to time the 32 km, 21 km and 10 km events.
 - Peak Timing is the appointed timing service provider for the Sunrise Monster events.
 - All athletes are required to wear their race bib which incorporates their timing chip. Athletes may not damage or remove their timing chip embedded in their race numbers, which must be worn on the front and back of an athlete's upper garment. The race numbers must therefore be worn as issued and may not be cut, folded or worn in any way that obscures the lettering.
 - Peak Timing will not be used to time the 5 km fun-run.
 - Race results will be available on www.peaktiming.co.za/results
- Athletes give permission, in terms of section 51 of the Electronic Communications Transactions Act 25 of 2002, to Medihelp and Harlequin Harriers to use their name, race information and photographs, video tapes, broadcasts and telecasts in which they may appear free of charge. Medihelp and Harlequin Harriers are compliant with the Protection of Personal Information Act 4 of 2013 (POPIA) and are committed to storing, using and processing participant data in a manner compliant with the guidelines prescribed by POPIA.
- Athletes accept that their personal information will remain confidential and hereby consent to same being shared with the parties involved in the organisation of the event for purposes of results, medical care and/or promotion of activities related to the event.

Route map



How to get there



The race is held at the Harlequin Club in Groenkloof, Pretoria. From Johannesburg, enter Pretoria at the Fountains Circle from the R21 or Ben Schoeman Highway (R28) by taking the Euefees off-ramp. Follow the direction indicators from the circle onwards.