

The Moo'se

5km, 10km or 21,1km

Race

18 March '23

Join us at Irene Village Mall for a
Moo'se Road Race, with
Wingate Road Runners!

Saturday, 18th March | 06h00 - 09h30

Online entries available at

www.entryninja.com

Entries close Tuesday, 14th March 2023.



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ATHLETICS
GAUTENG NORTH

IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET

ENTRY FEES:

Start Time	Distance	Online Entries	Late Entries
06h15	5km	R70	R80
06h00	10km	R120	R140
06h00	21,1km	R180	R200

A temporary number/license for the 10km and 21.1km races can be purchased for R50.00

YOUR ENTRY WILL INCLUDE:

- Great lucky draw prizes to be WON!
- Everyone who completes the race will receive a medal.
- Entrants can purchase coffee from Mugg&Bean or Wimpy, upon arrival.



ADDITIONAL INFO:

- Arrive early to avoid traffic congestion.
- Coke and water provided every 5km.
- Medical Services will be provided.
- Refreshments on sale from stores inside the mall.
- Tog bag area available, at Vodashop, at own risk.
- No i-Pods or listening devices.
- Ample parking available.
- Fully stocked licensed restaurants open from 08h30.

PRIZE GIVING:

Male and Female Prizes:

Position	Open	Junior	40-49	50-59	60-69	70-79	80+
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21km Run

First	R1 000	R400	R300	R300	R300	R300	R300
Second	R800	-	-	-	-	-	-
Third	R600	-	-	-	-	-	-

10km Run

First	R700	R300	R200	R200	R200	R200	R200
Second	R500	-	-	-	-	-	-
Third	R300	-	-	-	-	-	-

Male and Female Prizes for everyone across all ages: WALK

	First	Second	Third
21.1km Walk	R400	R300	R200
10km Walk	R300	R200	R100

Rules: The race is run in accordance with the rules of ASA and AGN:

1. Athletes who do not adhere to the rules will be disqualified.
2. Registered Athletes must wear the 2023 license number, front and back, if issued with a race number, this must be worn on the front of vests.
3. All licensed Athletes competing for category prizes must wear numeric category tags, clearly visible on the front and back of their vests. Proof of age for prize winners may be required to be presented to referees before receiving the prize. Prizes will be withheld until confirmed. Race numbers must not cover the logos on the license.
4. Walkers competing for prize money must wear WALKER/W tags on the front and back of their vests.
5. Minimum age for race entries: **5km:** 9 years; **10km:** 14 years and **21km:** 16 years
6. No seconding is allowed.
7. Temporary licensed Athletes are eligible for open and category prizes, provided they have the age category tag clearly visible on the front and back of their vests.
8. All traffic officers and officials instructions to be obeyed.
9. Time limit is 3 hours 30 minutes, for ALL Athletes. Last runner/walker must finish by 09h30.
10. No blade, cyclist, or mechanically operated device allowed in the race.
11. All Athletes participate solely at their own risk and the organisers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during, or as a result of the race.
12. No i-Pods or listening devices are allowed on the race.

Late Entries can be made from Wednesday, 15th, until before the race, on Saturday, 18th March, at the Vodashop, in Irene Village Mall - 012 662 4297.

Entries can be collected at the Vodashop from Wednesday, 15th until Friday, 17th March, from 15h00-18h00 or on Saturday, before the race, from 04h30-06h00.