



QHUBEKA

HUMAN RIGHTS DAY 5/10KM RACE 2023



EQUALITY, INCLUSIVITY, ONE HUMAN RACE

**21
MARCH**

SCHOOL OF ACHIEVEMENT

HEIDELBERG RD, EAST RAND PTY MINES, GERMISTON, 1428



Start times of race:

10km @ 06h00

5km @ 06h15

Medals to all Finishers

Race Entry fees

10km - R160

10km Great Grand Master - R140

5km - R80

5km Great Grand Master - R60

Temp licence fee (10km only) R60

**CGA APPROVED
RACE**

ONLINE ENTRIES

<https://secure.onreg.com/onreg2/front/step1.php?id=5959>



HUMAN RIGHTS DAY 5/10KM RACE 2023

1. This meeting takes place under the rules of ASA and CGA
2. Athletes indemnify the national, provincial, and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
3. All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
4. Participants who do not belong to any running club may run without wearing club colours.
5. No blades, cyclist or mechanically operated devices allowed in the race.
6. No 2-, 3- or 4-wheel carts/prams which are mechanically or manually operated by participants, or wheelchair athletes will be permitted to participate without special permission has been granted from the race organizer. All such participants MUST start at the back of the field.
7. No animals/pets are allowed to participate.
8. Strictly no substitutions
9. All instructions from traffic, race and technical officials must be obeyed at all times.
10. No refunds.
11. No earphones, iPods and the like allowed.
12. Athletes may not run with another athlete's race number unless by prior arrangement with the race organizer.
13. The race organizer retains the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
14. 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.
15. Littering is not allowed. Athletes are to dispose of any litter in appropriate bins.
16. Minimum Age: 5km = 10 years and 10km = 12 years.
17. No age tag no prize.
18. Prize giving at 07:30

Category	Age	1st	2nd	3rd
Open male		500	250	200
Open female		500	250	200
Veteran male	40-49	250	-	-
Veteran female	40-49	250	-	-
Master male	50-59	250	-	-
Master female	50-59	250	-	-
Grand master male	60-69	250	-	-
Grand master female	60-69	250	-	-
Great grand master male	70 +	200	-	-
Great grand master female	70 +	200	-	-
Junior male		150	-	-
Junior female		150	-	-



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