



Pick n Play inspired by you

RIGHT



RUN WALK



proudly brought to you by



NEW venue
NEW route

the grove mall

Cnr. Lynnwood & Simon Vermooten, Equestria, Pretoria

21
March
2023

5 km
10 km
21.1 km

STARTING TIME 07:00

PRE ENTRIES FROM
15 FEB 2023



- Medals to all finishers
- 1000 Goodie Bags
- T-Shirts to the 1ST on-line 1000 entrants



the doj & cd

Department:
Justice and Constitutional Development
REPUBLIC OF SOUTH AFRICA



Athletics
Gauteng North

supported by the grove mall

Enquiries: Race office James 082 566 1595
Daan du Toit 082 572 4169 Paul Kirby 082 200 4219

ENTRY FEES

Online entries close on 13 March 2023 @ Midnight.

Enter online : <https://www.entryninja.com/events>.

Manual cash entries at Run-Away-Sport: 012 - 361 3733 until 17 March 2023.
and on 20 March at the Grove Mall 09:00 - 18:00.

RACE NUMBER COLLECTION

Run-Away-Sport 14 March from 13:00-17:00. The Grove Mall 20 March from 09:00-18:00.

ENTRY FEES

70+
All other categories
Temporary licences

| | | |
|--------|------|------|
| 21.1km | 10km | 5km |
| Free | Free | Free |
| R200 | R150 | R80 |
| R50 | R50 | |

PRIZE MONEY

| RUNNERS AND WALKERS MEN AND WOMEN 10km | | | |
|---|-------|--------|-------|
| CATEGORY | FIRST | SECOND | THIRD |
| OPEN | R500 | R350 | R200 |
| 40-49 | R200 | R150 | R100 |
| 50-59 | R150 | R100 | X |
| 60-69 | R150 | R100 | X |
| 70-79 | R100 | X | X |
| 80+ | R100 | X | X |
| JUNIOR | R150 | R100 | X |

| RUNNERS AND WALKERS MEN AND WOMEN 21.1km | | | |
|---|-------|--------|-------|
| CATEGORY | FIRST | SECOND | THIRD |
| OPEN | R1000 | R700 | R400 |
| 40-49 | R400 | R200 | R150 |
| 50-59 | R200 | R150 | X |
| 60-69 | R200 | R150 | X |
| 70-79 | R150 | X | X |
| 80+ | R150 | X | X |
| JUNIOR | R200 | R150 | X |

Prize giving will commence at 09:00 for the 10km and at 10:00 for the 21km, or as soon as the results are available!

RULES

- The entrants will participate under the rules of ASA and AGN and it is the entrants responsibility to familiarise themselves with the rules.
- The race numbers must be worn on the front of the vest and must not cover the ASA LOGO.
- Athletes participate at their own risk and indemnify the organisers, sponsors and national and provincial bodies against any claims that may arise.
- Licensed athletes must wear their ASA 2023 licence numbers on the front and the back of their vests when participating in the 10km & 21.1km race. Walkers must wear their 'W' tags to qualify for prize money!
- Unlicensed athletes in the 10km & 21.1km race must purchase a temporary licence and wear it on the back of the vest. Tog bag facility will be available and club gazebos are welcome
- Race numbers must be worn on the front. The race number must not cover the logo on the ASA licence number.
- Athletes competing for age category prizes must display the official numerical age category tags on the front and the back of their vest.
- Minimum ages for participants in the 10km race is 14 years and in the 21.1km 16 years on the race day.
- Category winners must provide proof of age to qualify for prizes.
- Marshals and Traffic Officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification.
- No seconding is allowed during the race.
- No IPods or listening devices are allowed in the race.
- No Blade, Bicycle or mechanically operated device will be allowed in the race.
- Entry fees will not be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers.
- Cut-off times 10km 2 hours and 21.1km 3hrs
- No pets are allowed.
- There will be refreshment points at 3km intervals along the route.
- Medical support and Tog bag facilities will be available.
- Club Gazebos are welcome!

Enquiries: 📞 Race office James 082 566 1595

Daan du Toit 082 572 4169 Paul Kirby 082 200 4219