



KOLONNADE SHOPPING CENTRE

CNR SEFAKO MAKGATHO DRIVE & DR VAN DER MERWE STR, MONTANA PARK, PRETORIA

5KM | 15KM | 32KM RACE 25 MARCH 2023

RACE FEES:

**5KM R50 | 15KM R130 | 32KM
R150**

**TEMPORARY LICENSE FEE
R50**

**15KM & 32KM
06:00**

**5KM FUN RUN
06:15**

ENTER NOW!

- » Online entries:
www.entrytime.co.za till 19 March 2023
- » Run-A-Way Sport 012 361 3733
(302 Freesia str, Lynnwood)
- » Kolonnade Info Desk 012 548 1902
(Kolonnade Shopping Centre)
- » Tshwane Running Shop 076 929 7384
(192 Vinko Str, Sinoville)
- » Entrance 4: 24 March 2023 at
Kolonnade Shopping Centre (from 15:00 – 18:00)
and 25 March 2023 (from 04:30 - 06:00)

Online Entries can be collected on
Friday 24 March 2023 or on
race day at Entrance 4

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Contact us
(0861) 04-04-04
hring@kingalpine.biz



**Athletics
Gauteng North**

PRIZE GIVING

Prize giving will commence at 09:00 for the 15km and at 09:30 for the 32km
Please take note: Category winners who are not present at prize giving will have to collect their prizes and medals from Overkruin Athletics Club.

PRIZE MONEY

| Open Winners 15km & 32km | | Category Winners 15km 32km | | |
|--------------------------|------|----------------------------|------|------|
| 1st Open | R600 | 1st 40-49 | R200 | R250 |
| 2nd Open | R400 | 1st 50-59 | R200 | R250 |
| 3rd Open | R250 | 1st 60-69 | R200 | R250 |
| | | 1st 70-79 | R200 | R250 |
| | | 1st 80+ | R200 | R250 |
| | | 1st Junior | R200 | N/A |
| | | 1st Walker | R200 | N/A |
| | | 2nd Walker | R200 | N/A |

RULES

1. Club trailers and gazebo's will be allowed to park on Friday, 24 March 2023 from 15:00 - 19:00 or on race day from 04:00 - 05:00
2. All participants enter at their own risk and by their entry indemnify the organisers and sponsors of any liability or claim.
3. Registered athletes must wear the current year's license number front and back, if issued with a race number this must be worn on the front of vest.
4. Unlicensed Runners/Walkers must buy a Temporary license (R50)
5. All licensed athletes competing for category prizes must wear numeric category tags clearly visible front and back. Proof of age for prize winners may be required and to be presented to referees before prize giving. Prizes will be withheld until confirmed.
6. Walkers competing for prize money must wear WALKER/W tags on the front and back of their vest.
7. No seconding is allowed.
8. No blade, cyclist or mechanically operated device is allowed in the race.
9. No iPods or listening devices are allowed.
10. Minimum age: 5km - 9 yrs, 15km - 16yrs and 32km - 19yrs
11. Temporary licensed athletes are eligible for open and category prizes, provided they have the age category tag clearly visible back and front of vest.
12. All traffic officers and officials instructions to be obeyed.
13. Medical support will be present on race day.
14. Sorry, no pets allowed
15. Race numbers must not cover the logos on the license.
16. 32km 2nd lap cut off at 07:50 and cut off time for 32km is 4hr and 15km is 3hrs

ENQUIRIES

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www.overkruinatletiekklub.co.za

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