



Limited to 3000 entries per event
Electronic Timing, Staggered start

Irene Athletics Club presents

IRENE RUNNING FESTIVAL



IRENE

1 & 2

April 2023

Athletics
Gauteng North



CHOC

Childhood Cancer Foundation
South Africa

"Keeping more than hope alive"

Entries close Sunday,
26 March 2023

Ideal seeding opportunity.
Qualifying time is **5 hours 50 minutes** (same as for 50km),
but with 2km less to run. Mat
to mat timing

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za

Tel: 082 937 0733

GOLD MEDALS TO ALL FINISHERS

5km

10km

21km

T-shirt
available
to
purchase
@ R170

Irene Ultra

48km

#TheQualifier

5km AGN championships

2 April @ 6:30

Online entries only
www.entryninja.com

PRE-ENTRIES ONLY

- Online entries: www.entryninja.co.za
- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421 I
- Run Store Fourways Crossing: 011 465 0021
- Decathlon Centurion: 010 880 1845
- Sportsmans Warehouse Centurion: 012 665 0768
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384



ENTRY FEES

	48 km	21.1 km	10 km	5 km
	R350	R200	R100	R60
60 - 69	R280	R150	R80	R50
70+	Free	Free	Free	Free
Temporary licence	N/A	R50	R50	N/A

RACE PACK COLLECTION

Date	Venue
Thursday - 30 March	Jhb - TBC
Friday - 31 March	09:00 - 18:00 Decathlon - Centurion
Saturday - 1 April	05:00 - 12:00 Race Venue
Sunday - 2 April	04:00 - 06:00 Race Venue

PRIZE MONEY

Category	48km			21km			10km		
Runners - Men & Women	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd
Open	5000	3000	1000	1000	750	500	500	300	200
40 - 49	2000	1000	750	600	400	200	300	150	100
50 - 59	1000	750	500	500	300	150	300	150	100
60 - 69	750	500	300	400	250	100	300	150	100
70+	500			300			200		

STARTING TIMES

Date	Distance	Start	Prize Giving
01-Apr	10/21km	06:00	08:00
	5 km	06:15	
02-Apr	48 km	06:00	12:00
	5 km	06:30	07:30

RACE RULES

All participants at their own risk by their entry and indemnify the organizers, sponsors and governing bodies of any liability claims. Athletes acknowledge that by entering the event they are medically fit to participate.

All participants in the 48 km, 21.1 km, 10 km and AGN 5 km championships must wear a valid 2023 licence number on the back and front of their vest during the race. Unlicensed runners/walkers in the 10 and 21.1 km and AGN 5 km Championships must buy a temporary licence (R50). Runners in the 48 km must wear a permanent 2023 licence number and are not allowed to wear a temporary licence number (except international athletes). Race numbers must be worn on the front of the running top. The race number must not cover the sponsor's logo on the licence number.

No licence required for the fun run but is required for the AGN 5 km Championships.

The race will take place under the rules of ASA, AGN and WA and all participants must wear club colours during the race, except when participating with temporary licences.

Minimum age of 20 years on the day for the 48km, 16 years for the 21.1km and 14 years for the 10km race. No age limit for the fun run and AGN 5 km Championships.

Marshals and traffic officials must be obeyed at all times

No seconding is allowed

Age category tags to be worn on front and back of vest. Proof of age required for category winners.

No iPods or listening devices are allowed.

Medical support will be available.

No blades, cycles or mechanically operated devices are allowed in the race.

Cut off time: 10 km - 08:00, 21.1 km - 09:00, 48 km - 12:00

No pets/animals are allowed on the ARC premises

No refunds will be given once an entry is purchased. In the event that the race is cancelled due to reasons beyond the control of the organizers, the race will be converted to a virtual run. In such a case, arrangements will be made for medals to be couriered to entrants. Note that this may incur extra costs.

The race organizers retain the right to refuse entry and reject persons under the influence of drugs or alcohol who are disorderly or engage in inappropriate behaviour and vandalism.

Athletes who participate without buying a race entry will be disqualified.

No littering allowed.

No official timing of the 5km fun run, but the 5 km AGN Championships will be timed.

All entrants have the option to buy the high quality, official T-shirt when entering. Orders close 20 March 2023.

Water points every 3 km

Club gazebos will be welcome.

Tog bag area available.

Category winners who are not present at the prize-giving will have to collect their prizes and medals from the Irene Athletic Club.

Ideal seeding opportunity. Qualifying time is 5 hours 50 minutes, the same as for 50km, but with 2km less to run. Mat to mat timing