



HIGHVELD MALL

ICE BREAKER MARATHON 2023

Saturday 20 May 2023, 8 am
5 km Fun Run, 11 km & 21,1 km

ENTRY FEES:

Fun Run - R40 | 11 km - R80 | 21,1 km - R120

Temporary License R40, R60 + Half Price

Entries taken at the start from 6h30am

IN PARTNERSHIP WITH
COALDUST ROAD RUNNERS



ENQUIRIES - Abie Smit - 072 573 2501



**HIGHVELD
MALL**

THE MALL WITH MORE

VOUCHERS FOR PRIZES

21,1 km (MEN & LADIES)

CATEGORY	1 st	2 nd	3 rd
Open Run	R400	R300	R200
Open Walk	R250		
40 - 49	R200		
50 - 59	R200		
60+	R200		
70+	R200		
Junior	R200		

11 km (MEN & LADIES)

CATEGORY	1 st	2 nd
Open Run	R200	R100
Open Walk	R200	
40 - 49	R100	
50 - 59	R100	
60+	R100	
70+	R100	
Junior	R100	

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RULES AND REGULATIONS:

REFEREEES' DECISION IS FINAL.

Obey all Traffic Officials and Race Marshals.

The race will be run according to the rules of ASA, WORLD ATHLETICS (WA) & AMPU House rules.

No seconding will be allowed. No pacing of any kind.

Ages: Athletes for 11km must be 14 years or older on the day of the race.

Athletes for 21.1km must be 16 years or older on the day of the race

Proof of age (ID) to be produced upon request on day of race.

All athletes will participate at their own risk.

Registered athletes must wear full club colours.

2023 license numbers on the front and back of the vest.

Temporary license at the front on the vest.

Remember to complete the Temporary license tear off slip immediately and hand it back to the organizer.

Age category ID tags must be clearly displayed for the duration of the event (back and front) by athletes competing for a category prize AND must be fixed on all 4 corners and not be covered by rain jacket or any shirt.

Asa license numbers must not be covered with any paper race numbers /race bib.

This is a close competition for runners, walkers with a fix "W" welcome.

Category winners must be present at the prize giving ceremony or make prior arrangements to collect the award, failing to do so the athlete will forfeit his/her prize money

Any Foreign athlete must have a confirmation letter or permit form their Sport federation to take part in the event.

No littering, please make use of waste boxes on the route – RUN CLEAN

All participates must take note that photographs might be taken at the event and placed on social media.

THE USE OF ANY TYPE OF EARPHONES IS NOT ALLOWED ON THIS RACE AND WILL LEAD TO DISQUALIFICATION.