

Checkstar

Verulam Falcons A.C

2023 Challenge
with



Discovery
Vitality

21.1km RUN

10km RUN / WALK

★5km FUN RUN★

All 5km online entries will receive a
500ml BPA FREE Water bottle

Discovery Vitality members

will earn Vitality points for completing:

5 km 300 + 500 bonus points = 800 points

10 km: 600 + 500 booster points = 1100 points

21.1 km: 1500 + 500 booster points = 2000 points

R50 Solly M Sports online
voucher at www.sollymsports.com
for completing the event.



MEDALS TO ALL FINISHERS

30 April 2023 | Kingspark | 6am

Sunday Athletic Stadium

Coca-Cola



KWAZULU NATAL ATHLETICS

**FIRST 1200
ONLINE ENTRIES
FOR 10 & 21.1KM
WILL RECEIVE
A T-SHIRT**

RACE INFORMATION

START & FINISH: Kingspark Athletic Stadium

Jacko Jackson Dr, Stamford Hill, Durban

GPS co-ordinates: -29° 49' 17.75" S | 31° 01' 28.13" E

Start time: 21.1km 06h15 | 10km 06h15 | 5km 06h45

ENTRIES:

Online Entries open on 22 Feb 2023- 26 April 2023

Enter at www.eventtiming.co.za or late entry at Kingspark Athletic Stadium

Fri - 28 April 14h00 – 16h00, Sat- 29 April 09h30 – 16h00

ENTRY FEE:

5km Fun Run/Walk: R100

10km Run/Walk: R150 (Late entry R180)

21.1km Run: R200 (Late entry R230)

Participants over 70 : FREE

Temporary License 10km : R70

Temporary License 21.1km: R100

RACE NUMBER COLLECTION:

Kingspark Athletic Stadium

28 April 14h00 – 16h00, 29 April 09h30 – 16h00

ENTRY FORM:

Full Name:

ID/Passport Number:

Contact Number:

Province:

Club:

Temporary License Required: Yes No

ASA Number:

Sex: M F

Race Event: 21.1km Run 10km Run 10km Walk 5km Fun Run

Age Category: Junior Open 35 – 39 40 – 49 50 - 59 60+

By entering this race, which forms part of the Discovery Vitality Run Series, you hereby agree to share relevant personal information with Discovery Vitality (Pty) Ltd and related third parties.

For Vitality members: I hereby consent to my data being shared with Discovery Vitality for the purpose of awarding Vitality points.

Yes No I am not a Vitality member

For Vitality members: I hereby consent to my data being shared with Discovery Vitality for the purpose of entry into the Fitbit competition.

Yes No I am not a Vitality member

	PRIZE MONEY:										21.1km Run						10km					
	Open		35-39		40-49		50 - 59		60+		Run		Walk		Junior							
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female						
1st	R1 000	R1 000	R400	R400	R400	R400	R400	R400	R300	R300	R500	R500	R500	R500	R300	R300						
2nd	R700	R700									R400	R400	R400	R400	R200	R200						
3rd	R450	R450									R300	R300	R300	R300	R150	R150						

Queries contact : Amres Moodley 083 243 5467 | Ugan Moodley 083 704 2966 | Krish Vadivelu 073 594 5448

Race Rules & Information

- The race will be run in accordance with the rules of WA, ASA and KZNA and all participants to abide by these rules
- All foreign athletes must comply with WA rules 4.2, 22.1 and 142 and ASA rule 9
- Refreshments will be provided along the route and no personal seconding will be permitted
- Runners and walkers to obey all Marshalls, traffic and technical officials
- Age restriction: 21.1km – Participants must be 16 years and older on race day
- 10km – participants must be 14 years and older on race day
- 5km Fun Run, participants under 12 years must be accompanied by adult
- Proof of age will be required for age category winners
- ASA/KZNA approved age category tags and Walker tags must be worn on top front and back of vest/crop top to be eligible for age category prizes
- Entry fees are non-refundable.

- Junior athletes, 19 years or younger on 31 December in the year of the competition, must wear a "J" on the upper front and back of vest/crop top in order to be eligible for prizes and must provide proof of age on race day.
- ASA LICENSE NUMBERS: Organisers/Athletes may NOT replace ASA license numbers with Competition/Race Numbers/Stickers under any circumstances. Where a Competition/Race Number is used, it must be placed so that the ASA License Sponsor and the ASA Province/Year remains visible above the Competition/Race Number. The License numerals may be covered. Athletes who fail to adhere to this rule may be disqualified. (Refer to ASA Rule 26.1.7)
- TEMPORARY LICENSES: Temporary licensed athletes are not covered by a national insurance policy. Refer to ASA Rule 25.6.15.
- Unregistered athletes running with Temporary licenses must run in neutral colours and adhere to WA and ASA rules.
- Holders of temporary licenses will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13.

Signed:

Date: