

## STRIDERS 5KM WALK/RUN

## 50M TINY TOTS RACE 0-6 years

Start: 06h30 - No time limit  
Entry Fee: R70.00  
No licence required

All finishers for 5km will receive a Medal

Start: 07h00  
Entry Fee: R20.00  
on race day only  
Prizes to all finishers

### 32KM PRIZE MONEY

MEDALS & RIBBONS	1ST	2ND	3RD
Open Men and Women	R1000.00	R600.00	R400.00
Veteran Men and Women	R 450.00		
Master Men and Women	R 200.00		
Grand Master Men and Women	R 150.00		
Great Grand Master Men and Women	R 100.00		

### 15KM PRIZE MONEY

MEDALS & RIBBONS	1ST	2ND	3RD
Open Men and Women	R300.00	R200.00	R150.00
Veteran Men and Women	R150.00		
Master Men and Women	R100.00		
Grand Master Men and Women	R100.00		
Junior Boy and Girl	R100.00		
Great Grand Master Men and Women	R100.00		

Race packs can be collected at the following venues

Thursday 19th January 2023

Sportsmans Warehouse Fourways  
15:00-17:00

011 467 0997 - Cnr William Nicol Dr & Sunrise Blvd Shop G23,  
Fourways Crossing Retail Centre,  
Lone Hill, Sandton

Friday 20th January 2023

Sportsmans Warehouse Eastrand Value Mall Boksburg  
15:00-17:00

011 823 3203 - Cnr Rietfontein & Madeley Rd Shop 5-6,  
East Rand Value Mall, Hughes, Boksburg

Saturday 21st January 2023  
Veritas Collage Senior School  
10H00-15h00

Nestor Rd, Pollak Park, Springs  
Sunday 22nd January 2023  
Veritas College Senior School  
04H30-05:30  
Nestor Rd, Pollak Park, Springs

RACE RESULTS AVAILABLE AT  
[WWW.FINISHTIME.CO.ZA](http://WWW.FINISHTIME.CO.ZA)

CLOSING DATE FOR ONLINE ENTRIES  
AND PRINTED PERMANENT NUMBERS  
17 JANUARY 2023

52nd  
ROAD RACE

32KM  
15KM  
5KM FUN RUN  
TINY TOTS

# FAST & FLAT DOUBLE LAPPER

VENUE  
VERITAS COLLEGE SENIOR SCHOOL  
Nestor Road  
Pollak Park, Springs  
GPS : -26.2591186, 28.1517656

ENTRY FEE 15KM  
R200.00

ENTRY FEE 32KM  
R250.00

SUNDAY 22 JANUARY 2023  
START 06H00  
ONLINE ENTRIES ONLY

GOODIE BAGS TO THE FIRST 1000 ENTRIES

Organised by



**STRIDERS**

doing what we love

CGA CHAMPIONSHIP SANCTIONED RACE

## INFORMATION

1. Entries available on [www.entryninja.com](http://www.entryninja.com)
3. Closing date for Pre-Entries & permanent number is 17th January 2023
4. Runners completing their 10th or 21st 32km on Sunday collect your permanent number on completion of the race.
5. Refreshment tables every 3kms.
6. There are toilet facilities at the start and watering points
7. Prize giving 15km: 8h00 - 32km: 10h00
8. Medical support will be available
9. Tog bag area available - PLEASE NOTE whilst the utter most care will be taken at the tog bag area, Striders will not be held liable for any loss or damage.
10. **Our Striders 15/32km Road Race promotes a litter free race, please use the bins provided.**
11. Veritas College Senior School, Nestor Road, Pollak Park, Springs.

## RULES AND REGULATIONS

1. The race is held under the rules of ASA and CGA.
2. International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize.
3. Temporary Licences: 15km - R30.00 - 32km - R40.00
4. Runners participate at their own risk.
5. Athletes must be 16 years and older for 15km and 19 years and older for the 32km.
6. Athletes indemnify the National, Provincial & Regional Bodies, Sponsor & Officials of the race against all or any action of whatsoever nature, that may arise out of their participation in the race.
7. Licenced athletes who do not wear their 2022/2023 licence numbers must purchase a temporary licence on the day or face disqualification. Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary. Licenced athletes wearing club colours without BOTH licences may face disqualification.
8. Temporary licensed athletes must wear plain clothing and the temporary licence number on the back & Striders number on the front.
9. Numerical Age ID tags to be worn visibly, front & back. Proof of age to be produced on race day, if requested.
10. All marshals and traffic authorities must be obeyed.
11. Prizes will only be awarded to athletes who fill in their race number comprehensively.
12. Objections must be lodged within 30 minutes after prize-giving in writing to the Chief Referee accompanied by R300.00 which is refundable if the appeal is upheld.
13. No Animals and No I-pods - Wheel chair athletes welcome.
14. Entry fee is non-refundable, No refund if race is cancelled for any reason whatsoever.
15. Cut off time for 15km and 32km is at 11h30.

This is a CGA approved race



CENTRAL GAUTENG  
ATHLETICS



# 32KM / 15KM 5KM FUN RUN / TINY TOTS

## ENTRY FORM

Race Number

Office Use Only

Please tick correct box

5km	<input type="checkbox"/>
15km	<input type="checkbox"/>
32km	<input type="checkbox"/>

Online entries [www.entryninja.com](http://www.entryninja.com)

E-mail: [stridersac1@gmail.com](mailto:stridersac1@gmail.com)

Secretary: Kim 061 349 6285

SURNAME			
FULL NAME			M/F
CLUB NAME	AGE ON RACE DAY		
LICENCE NO.	PROVINCE		
ID NUMBER	CATEGORY		
CELL NO.			
EMERGENCY CONTACT NO.:			
NO. OF STRIDER'S 32KM COMPLETED	STRIDER'S PERPETUITY NUMBER		

Competitor's Signature

Parent/Guardian (if under 21)

All Competitors: I declare that I am a member of a club affiliated to the ASA and that I will abide by the rules of the ASA, and CGA. Athletes indemnify the national, provincial & regional bodies, sponsors & organizers of the race against all & any action of whatsoever nature whatever same may be arising out of their participation in the race.

### ENTRY FEE FOR STRIDERS FAST AND FLAT - DOUBLE LAPPER

	Cost 5km	Cost 15km	Cost 32km	Amount
Entry	R70	R200	R250	R
Grandmaster (60-69 years)	R70	R200	R250	R
Great Grandmaster (over 70yrs) & Blind runners	FREE	R100	R150	R
Temporary Licence	N/A	R30	R40	R
<b>GRAND TOTAL</b>				<b>R</b>