



SAPS STRIDERS ATHLETIC CLUB HERITAGE CHALLENGE

21.1 km Run and 10 km (Run / Walk)

DATE: 10 SEPTEMBER 2023

TIME: 21.1KM - 06:30 AM / 10KM - 6:45 AM

VENUE: KINGS PARK ATHLETIC STADIUM



Entry fees:	21.1 km	- R 230-00 - late entry R250
	10 km	- R 150-00 - late entry R170
70 plus	Free	- Proof of ID required (No Prizes)
Temporary licenses	21.1 km	- R 100-00
	10 km	- R 80-00

RACE ENTRIES:

1. Online - www.eventtiming.co.za (Closes midnight 06 September 2023). Bank transfer: ATM cash deposits at Capitec Bank, Account holder: Eventtiming (K H Bradfield), Account Number: 1543764345, Clearing code 470010, Account type, savings, Branch - Pavillion. Use I.D. number as reference and Whatsapp the deposit slip + entry form with reference endorsed on it to 061 505 1416.
2. Late entries at Kings Park Athletic Stadium, Saturday 09 September 2023 between 9am and 2pm only.
3. Collection at Kings Park Athletic Stadium, Saturday 09 September 2023 between 9am and 2pm and Sunday 10 September 2023 from 4:30am to 6am.
4. Onus is on the entrant to write legibly and provide correct details.

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KwaZulu Natal Athletics

ENQUIRIES: Thulani – 0728811975 /Sean - 0837751327/ Nqaba-0612626025

PRIZE MONEY (MALE AND FEMALE)

21.1 km RUN			
	1st	2nd	3rd
Open Men/Lady	1500	1000	750
Men/Lady 40-49	450		
Men/Lady 50-59	450		
Men/Lady 60-69	450		
Junior Men/Lady	450		

10 km RUN			
	1st	2nd	3rd
Open Men/Lady	1000	750	500
Men/Lady 40-49	350		
Men/Lady 50-59	350		
Men/Lady 60-69	350		
Junior Men/Lady	350		
Walkers – 10 KM			
Open Men/Lady	700	500	350

GENERAL RULES AND INFORMATION

- This race is run in accordance to the rules laid down by the WA, ASA and KZNA and all entrants must abide by these rules.
- The minimum age limit of an entrant for the 21.1KM is **16 years** and for the 10KM is **14 years**.
- Current licenses, age, junior and walker tags must be clearly worn on the front and the back of the vest/ crop top to qualify for category prizes.
- Junior Athletes are recognized as being **19 years old or younger on the 31st December 2023**.
- Temporary licences (if purchased) must be worn on the back with the race number on the front of the vest/ crop top and runners are to wear plain coloured vests with no advertising, and will not be covered by ASA Insurance Policy. Holders of Temporary licences will be eligible for individual prizes and may claim category prizes in keeping with WA and ASA Rules.
- Club colours must be worn by licenced runners.
- Proof of age will be required if entrant qualifies for a prize category.
- Race entry fees are non- refundable.
- Refreshment tables will be provided.
- Personal seconding and /or pacing is not permitted.
- Race Officials, Marshals and Traffic Officials must be obeyed at all times.
- All entrants participate at their own risk.** Organizers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property lost or damaged on the course or in the changing area.
- NO LITTERING RULE** (ASA 28.4 and 28.5) applies.
- CUT OFF TIME** for 21.1 KM is at 3 hours and 10 KM at 2 hours.
- PRIZE GIVING** for 10 KM is at 09:30 am and 21.1 KM at 10:00 am.

To be completed for entry:

First Name: _____ Surname: _____ Gender: _____

ID Number: _____ Date of Birth: _____ Age: _____
DD/ MM/ YYYY

Club: _____ 2023 Licence number: _____

Province: _____ Cell Number: _____

21.1 KM Run

10 KM Run

Walk

I am medically fit to run and fully understand that I enter and participate at my own risk and will not hold the organizers, SAPS Striders or the KZN Department of Sport and Recreation responsible for any injuries or loss I may suffer through participation in the race.

Signature: _____

Date: _____