

## 10KM PRIZE WINNERS

10KM	OPEN	JUNIOR	35 - 39	40 - 49	50 - 59	60+
1 MALE / FEMALE	R1500	R500	R500	R500	R500	R500
2 MALE / FEMALE	R1000	R300	R300	R300	R300	R300
3 MALE / FEMALE	R800	R200	R200	R200	R200	R200

**MEDALS**

**600 MEDALS TO 10KM FINISHERS  
300 MEDALS TO 5KM FINISHERS**

**PRIZE GIVING STARTS AT 9:30AM**

**LUCKY DRAW PRIZES: 2 PUMA TEKKIE VOUCHERS  
R6000 IN THE MALL SHOPPING VOUCHERS**

Galaxy **BINGO**

GAMING • ENTERTAINMENT

# HEROES RUN

**10KM & 5KM  
FUN RUN**

**30 SEPTEMBER 2023 | 7AM  
THE MALL | QONCE**

**the  
Mall**



**FIRST 200 ONLINE ENTRANTS  
FOR THE 10KM AND FIRST  
100 FOR THE 5KM TO  
RECEIVE A FREE T-SHIRT**

**FREE SILICONE WATER  
BOTTLE OR RUNNING SOCKS  
TO THE FIRST 200 AT  
RACE COLLECTION**

**FIRST 100 MALE AND  
100 FEMALE 10KM  
FINISHERS TO RECEIVE A  
PUMA RUNNING SHIRT**

**FIRST 200 ONLINE ENTRANTS  
FOR THE 10KM AND FIRST  
100 FOR THE 5KM TO  
RECEIVE A FREE T-SHIRT**

**FREE SILICONE WATER  
BOTTLE OR RUNNING SOCKS  
TO THE FIRST 200 AT  
RACE COLLECTION**

**FIRST 100 MALE AND  
100 FEMALE 10KM  
FINISHERS TO RECEIVE A  
PUMA RUNNING SHIRT**

**FIRST 100 5KM FINISHERS TO RECEIVE A WATER BOTTLE**

**FOR MORE INFO FOLLOW B.R.A.C. ON **



# ENTRY FORM

Surname: \_\_\_\_\_

First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Identity No.: \_\_\_\_\_

Age (on the day of the race): \_\_\_\_\_

Gender:  Male  Female

Address: \_\_\_\_\_

Town/City: \_\_\_\_\_

Email Address: \_\_\_\_\_

Club Name in Full: \_\_\_\_\_

Club License No.: \_\_\_\_\_

Temp. License No.: (10km race only): \_\_\_\_\_

Race (tick the appropriate box)  5km (9years and older)  10km (15 years or older)

Race No.: \_\_\_\_\_

Age Category:  Jr (>19)  Open  35+  40+  50+  60+

## ENTRY FEES

**10KM** **R150**

**5KM** **R80**

**TEMPORARY LICENSE (10KM ONLY)** **R40**

**TOTAL**

## INDEMNITY

I declare that I will abide by the rules and regulations of ASA and Border Athletic and will obey traffic officers and officials at all times. I am medically fit and participate at my own risk, and will not hold Buffalo Athletic Club, Border Athletic or the sponsor liable for any claim, loss of injury, illness or damages incurred as a result of my participation in the event.

Entrant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

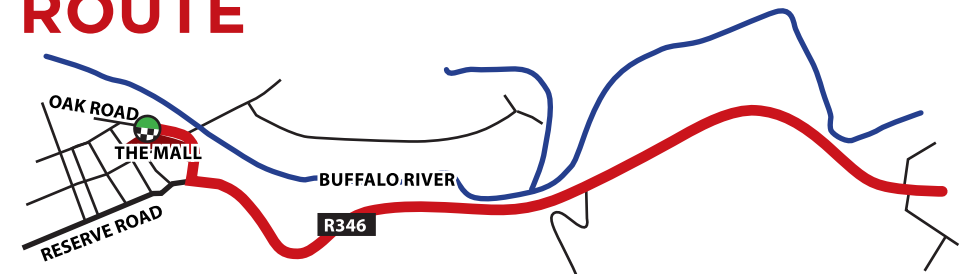
(If entrant is under the age 18 years, the signature of parent or guardian is also required)

Galaxy **BINGO**  
GAMING • ENTERTAINMENT

the  
Mall

# HEROES RUN

## ROUTE



## GENERAL RULES

1. Race will start and finish at The Mall Qonce (10km @ 7:00am, 5km @ 7:30am on 30 September 2023)
2. Prize giving will be held at The Mall Qonce @ 9:30am
3. All traffic officers and marshals on duty during the race must be obeyed at all times
4. Entries: • Online entries open Friday, 21 July 2023 on Quicket.co.za  
Online entries will close on Wednesday, 26 September 2023 at 11:59pm  
• Late entries and race pack collection will take place on Friday, 29 September 2023 from 3pm to 7pm and 6:30 am on the race day at the main exhibition court at The Mall in Qonce.  
• Late entries for both distances will be done through cash purchases of race bibs or use of card machine. After race bibs purchase, the entrants will either scan their bibs or be provided with a link to upload and submit their particulars to Mobi Elite site. Late entries are from 5am, 30 September 2023 at The Mall in Qonce.
5. Races are held under rules of ASA & BA
6. Club colours and 2023 license numbers to be worn on the front and back of the vest (10km race only)
7. Unlicensed runners must obtain a temporary license that must be worn on the front of vest (10km race only)
8. Age category tags to be worn on the front and back of the vest to qualify for age category prizes
9. Competitors for the 5km must be 9 years or older, entrants for the 10km must be 14 years or older on the day of the race
10. No personal seconding allowed
11. Race organisers reserve the right to accept or reject any entry
12. Wearing earphones during either of the races is not allowed and will lead to this qualification

Queries: **Myataza Sim** **064 543 1069**  
**Mndela Zakes** **082 089 5189**  
**Ngalwana TD** **072 187 8173**