



CGA  
Approved  
Race

Roodepoort Athletics Club Presents

5/110k

# Run The North

25th anniversary

@ Northgate shopping centre

**SUNDAY, 23 JULY**  
**START: 07H30**

**5 KM: R50-R70**  
**10 KM: R60-R140**

SPONSORED BY

NORTHGATE



Enquiries  
Charlie Herselman 082 770 1143

THE STARTING GUN IS FIRED AT 07H30. ANYBODY CAN ENTER AND EVERYONE IS WELCOME. ENTER ONLINE AT [WWW.PEAKTIMING.CO.ZA](http://WWW.PEAKTIMING.CO.ZA) OR ENTER ON THE DAY OF THE RACE FROM 06H00 AT ENTRANCE 4 OF NORTHGATE SHOPPING CENTRE. PRE ENTRIES WILL CLOSE ON SUNDAY 16 JULY 2023. YOU CAN COLLECT YOUR RACE NUMBER ON FRIDAY 21 JULY 2023 FROM 17H00 TO 19H00 AND ON SATURDAY 22 JULY 2023 FROM 09H00 TO 15H00 AT ENTRANCE 4 OF THE NORTHGATE SHOPPING CENTRE.



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## Venue

Northgate Shopping Centre, Corner Olievenhout Ave and Northumberland Rd, Northriding. The race starts and ends at Entrance 4. Parking at Entrance 3, 4 and 5.

## Fees

10km race fee: R140 per runner/walker. Non-club members pay R60 extra for a temporary licence. 5km race fee: R70 per participant, no licence required. Walkers welcome. Grandmasters pay R50 for 5km and R60 for 10km. Online transaction fees will be added on entrant checkout. R10 surcharge for late and on-the-day entries. No refunds.

## T-Shirts

Limited number of T Shirts will be available for purchase on the online entry system. Manual entries are not eligible for a T Shirt purchase.

## Medals & Timing

All those who complete the race will receive a medal. Results will be available 24 hours after the race at [www.peaktiming.co.za](http://www.peaktiming.co.za)

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### CGA; ASA

The race is run in accordance with the rules of ASA and CGA. Athletes participating indemnify the national, provincial and regional bodies, sponsors and organisers of the race against all and any actions of whatsoever nature that may arise out of their participation in the race.

### Prizes

Runners	1st	2nd	3rd
Open men and women	R750	R650	R600
Veteran men and women	R600	R550	R500
Master men and women	R500	R500	
Grandmaster men and women	R500		
G Grandmaster men and women	R450		
Junior men and women	R500		

### General Rules

- One-lap course
- Two refreshment stations on the 10km race and one on the 5km race
- No seconding allowed - all race officials, marshals and traffic officials must be obeyed at all times.
- Registered athletes for the 10km event must be a member of a club affiliated to ASA and wear club colours and two 2023 licence numbers (back and front).
- Temporary licensed athletes for the 10km event must wear the race number on the front and the temporary licence on the back, with plain clothing please.
- Athletes for the 10km event must be at least 14 years old on the day of the race.
- Athletes competing for a 10km category prize must wear numerical age category ID tags on the back and front of vest.
- Proof of age must be provided to race officials on the day of the race if required.
- Cut-off is 3 hours.
- Entry fee as well as additional purchases, are not refundable.
- Any 2-, 3- or 4-wheel carts/prams, which are mechanically or manually operated by participants, will not be permitted to participate without the special permission of the race organisers and traffic authorities.
- Athletes may not participate with pets.
- Athletes will be eligible to win an open prize plus a prize for the age category that they are participating in.
- No athlete can qualify for any prize unless wearing a licence or temporary licence and all details on race entry are given.
- International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize. No letter = no prize.
- Foreign athletes are not allowed to run with a ASA Provincial licence and are required to purchase a temporary licence or face disqualification. (Refer to IAAF rule 4.)
- Foreign athletes are not allowed to run in club colours unless such club exist in their country of origin or they are in possession of a refugee status permit or are naturalised citizens of RSA (Refer to World Athletics rule 4)
- Athletes are only eligible for prizes if they fill in the race sticker comprehensively.
- Licensed athletes who do not wear their 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, and will be liable for a double entry fee charge.
- Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
- Licensed athletes not wearing club colours will face disqualification.
- No ear-plugged devices are allowed during the race, excluding hearing aid devices.
- Walkers welcome.
- Objections must be lodged within 30 minutes before prize giving, in writing, to the chief referee accompanied by a deposit of R500, which is refundable if the appeal is upheld. A race number or sticker must be presented for approval.