



SA Home Loans

Oldies 10K

SUNDAY, 12 NOVEMBER 2023

RACE INFORMATION

Date of race: 12 November 2023

Start time: 06:00

Start venue: Northwood Crusaders
10 Ranleigh Cres, Durban North, Main Gate

Finish venue: Northwood Crusaders

ENTRY FEES

Entry fee: R150.00

Late entry fee: R180.00 (From 09-11-2023)

Temporary licence: R80.00

NUMBER COLLECTION

Date: 11 November 2023 | **Time:** 09:00 - 15:00

Venue: Northwood Crusaders

ENTRIES

Online entries: www.eventtiming.co.za

Manual entries: The Durban Runner,
351 Lilian Ngoyi Rd, Windermere

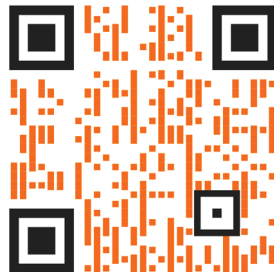
Online opening and closing date:
Normal closing date 08-11-2023 Late 11-11-2023

Entry taken on race day: No

FREE
LIMITED EDITION
PERFORMANCE T-SHIRT/VEST



SCAN HERE TO REGISTER



ENTRY FORM

Full name:

ID/Passport number: Sex: Male Female

Contact number: Province:

Club: ASA number:

Temporary license required: Yes No

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

PRIZE MONEY

OPEN MEN'S & LADIES 1 st R1000.00 2 nd R600.00 3 rd R400.00	JUNIORS - MEN'S & LADIES 19 & YOUNGER 1 st R400.00	MEN'S & LADIES 35-39 1 st R500.00	MEN'S & LADIES 50-59 1 st R500.00
		MEN'S & LADIES 40-49 1 st 500.00	MEN'S & LADIES 60+ 1 st R500.00
HOTSPOT PRIZE. 1ST PERSON TO THE TOP OF CLINCH CRESCENT			

RACE CUT OFF WILL BE 8.30 AM / ENTRIES LIMITED TO 1500 ATHLETES

RACE ENQUIRIES: Oldies10K@dhsoldboys.co.za & 061 022 9654 / 082 941 4004

RACE RULES

- Current licence number to be worn on front and back of vest.
- 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 competition rules 1.7 and ASA Rule 9.
- Refreshment stations will be provided along the route and no personal seconding will be permitted.
- Marshalls, traffic officials and technical officials must be obeyed.
- Age restriction: 10km- Participant must be 14 years and older on race day.
- Proof of age will be required for age category winners.
- ASA/KZNA approved age category tags must be worn on top front and back of vest/croptop to be eligible for age category prizes.
- 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/croptop in order to be eligible for prizes and must provide proof of age on race day.

ASA LICENCE NUMBERS:

- Organisers/Athletes may NOT replace ASA licence numbers with Competition/Race Numbers/Stickers under any circumstances. Where a Competition/Race Number is used, it must be placed so that the ASA Licence Sponsor and the ASA Province/Year remains visible above the Competition/Race Number. The Licence numerals may be covered. Athletes who fail to adhere to this rule may be disqualified. (Refer to ASA Rule 26.1.8)

TEMPORARY LICENCES:

- Temporary licensed athletes are not covered by a national insurance policy. Refer to ASA Rule 25.6.15.
- Unregistered athletes running with Temporary licences must run in neutral colours and adhere to WA and ASA rules.
- Holders of temporary licences will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.5.13.

Signed:

Date: