AQUEILE ARLY COMRADES & TWO OCEANS QUALIFIER

11 NOVEMBER 2023

1 2 3 4 5 6 7 8 9 10 <mark>11</mark> 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

YOUR FAVOURITE

CITY ROAD RACE

5km 10km 21.1km 42.2km

INCORPORATING AGN MARATHON Championship









RULES & GENERAL INFORMATION

ALL ATHLETES

- The time limits for all events will apply as stipulated under Race Information..
- NO SECONDING OR VEHICLES ON ROUTES WILL BE ALLOWED
- All entrants will participate under the rules of AGN and ASA, and it is the athlete's responsibility to familiarise themselves with the rules. It is the responsibility of each athlete to ensure that he or she is medically fit and healthy to participate in any of the events.
- The race committee reserves the right to accept or reject any entry.
- The judge's decision is final.
- Proof of age must be presented on request at the race. This is essential for athletes competing for a category prize.
- Athletes competing for a category prize, must wear official age category ID tags and "W" tags for walkers (front & back of the running vest) and must be clearly visible.
- Regret, but no wheelchair athletes, blade, cyclist or mechanically operated device allowed in the races.
- No animals are allowed in the races.
- No iPods or listening devices allowed in the races.

LICENSED ATHLETES

- All entrants for the 10km, 21,1km and 42,2km events must be in possession of a valid 2023 licence number, which must be worn on the front & back of the running vest.
- The race number issued by the organisers must be worn on the front of the running vest without obscuring the provincial licence number. (The race number must not cover the sponsors details on the license number, not necessary for the entire license number to be visible).

UNLICENSED ATHLETES

 Unlicensed athletes of the 42,2km, 21,1km and 10km must purchase a temporary license number [cost R50]. This number must be worn on the back of the running vest and the race number issued by the organisers must be worn on the front of the running vest.

AGE CATEGORIES (age on day of race)

- Juniors: under 20 yrs
- Open: All ages
- Age Group: between 40 and 49 yrs
- Age Group: between 50 and 59 yrs
- Age Group: between 60 and 69 yrs
- Age Group: 70yrs+

RACE TIMING

A disposable chip will be attached to the race number. NO CHIP NO RESULTS (Not for 5km)

PRIZE GIVING & LUCKY DRAW PRIZES

This will take place at the venue as stipulated under Race Information

RESULTS

Preliminary results will be available 48hrs after the event Official results will be available five days after the event at www.results.finishtime.co.za

TOG BAGS

(At owner's risk) Tog bag facilities available at the venue

PHOTOGRAPHS

Photographs will be taken by Jetline Action Photo, and can be viewed after the event at www.jetlineactionphoto.com

GENERAL INFORMATION

- The Jacaranda City Challenge will be hosted in "The Moot" with its many running friendly, Jacaranda lined streets and Rietondale Park, as the new venue.
- The 42,2km will be a double lap race that includes "quick
- kilometres" where running/walking will be without strain, a couple of "slow poisons" where athletes will have to keep their focus on the job at hand and short steep climbs that will bring a challenge or two into the experience.
- Fast foods and refreshments on sale at the venue.
- Refreshment stations [± 3km] will provide Coke and water sachets.
- Dispose your water sachets at the recycling bins at the refreshment stations
- Only official and accredited vehicles will be allowed to park at the finish & the club picnic areas
- The entry fee is non-refundable
- Medical support will be present on race day

ROUTE & PARKING

[See detail at www.sportsvendo.co.za]

- View the routes, road closures at the Start and FREE venue parking at above website
- Delivery times and set-up: Clubs are requested to please set-up on Friday, 10 November and not Saturday morning
- Friday 10, Nov. 12h00 to 18h00 [there will be security]
- Saturday 11 Nov. 03h00 to 05h00 ONLY

PRIZE MONEY

42,2KM MARATHON (MEN & WOMEN)

Position	Open	40 - 49yrs	50 - 59yrs	60 - 69yrs	70yrs+
1	R3500	R800	R500	R400	R400
2	R1500	R600			
3	R800	R400			

21,1KM (MEN & WOMEN)

Position	Open	40 - 49yrs	50 - 59yrs	60 - 69yrs	70yrs+	Juniors
1	R1500	R700	R400	R300	R300	R300
2	R700	R500				
3	R500	R300				

10KM (MEN & WOMEN)

Position	Open	40 - 49yrs	50 - 59yrs	60 - 69yrs	70yrs+	Juniors
1	R800	R500	R300	R200	R200	R200
2	R500	R300				
3	R300	R200				

MEDALS

	42,2km	21,1km	10km	5km
GOLD Category Winners (M &F)	~	~	~	~
SILVER	First 500	First 500	First 500	N/A
BRONZE	All finishers in sub 5hrs	All finishers in sub 3hrs	All finishers in sub 2hrs	All finishers in sub 1½ hrs

www.sportsvendo.co.za www.farananiac.co.za



TEMPORARY LICENCE NUMBER

ENTRY FORM

Refer to ENTRY INSTRUCTIONS for the entry submitting options

COMPLETE THE FORM BELOW – PRINT CLEARLY USING CAPITAL LETTERS

		Open 50 - 59 60 - 69 70+ N ATHLETICS CLUB? E FOLLOWING ER (IF APPLICABLE)	• Athletes 60 - 77915	K140,00	R 160,00	
EVENT ENTERING	 ✓ 			■10km	R150,00	R170,00
42,2km	21,1km	10km	5km	• Athletes 60 - 79yrs	R110,00	R130,00
				5 km	R100,00	R120,00
Runner	Walker			Athletes 80yrs+	Free	Free
SURNAME				Blind Runners	Free	Free
					.	
FIRST NAME				TEMPORARY LICENCE N		
				Unlicensed athletes of the purchase a temporary lice entry fee. R50,00		
INITIALS				TOTAL AMOUNT PAYABLI	R	
ID NUMBER EMAIL				Indemnity: I agree not to and any sponsor, or any p holding of the event again costs and expenses, for lo which I may suffer directl participating in the event and understand fully the participation in the event thereof.	erson assisting ir nst claims of what oss, damage, inju y or indirectly as a I acknowledge th risks and dangers	the organisation or ever nature, including ry, illness or death, a result of at I am aware of associated with my
CELL NUMBER				DATE		
GENDER Male AGE ON DAY OF RA	Female CE			SIGNATURE OF ENTRANT		PARENT / GUARDIAN AGE OF 18 YEARS)
AGE CATEGORY	/					
Junior	Open					mo
40 - 49	50 - 59	60 - 69 70+		PRE ENTRY ONLY	Rand	manag event
DO YOU BELONG TO	O AN ATHLETICS	CLUB?		FOR PURCHASE	2 mint	P
Yes No				ONLINE ONLY		
IF YES, COMPLETE 2023 LICENCE NUM				R140.00		
CLUB IN FULL (IF A	APPLICABLE)			JACA CITY CF 2023	RANDA	

ENTRY FEE (TICK THE APPLICABLE RACE ENTRY)

	Pre- entry Intil 8 Nov	~	Entry 09 to 11 Nov	\checkmark
■ 42,2km	R360,00		Closed	
• Athletes 60 - 79yrs	R250,00		Closed	
■21,1km	R210,00		R230,00	
• Athletes 60 - 79yrs	R140,00		R160,00	
■10km	R150,00		R170,00	
• Athletes 60 - 79yrs	R110,00		R130,00	
5km	R100,00		R120,00	
Athletes 80yrs+	Free		Free	
Blind Runners	Free		Free	

moisture management event shirt

EVENT OFFICE FOR RACE ENQUIRIES

Tel: 087 097 0011 Tel: 083 657 2990

Email: data@sportsvendo.co.za

Website: www.sportsvendo.co.za Website: www.farananiac.co.za

Email: derrick@raceresults.co.za

Online Entries:

RACE INFORMATION

www.entryninja.com

DISTANCE	START TIME	CUT-OFF: TIME	MINIMUM AGE	PRIZE GIVING	
42,2km	05h30	½ way : 3hrs 5hrs	20 years	09h00	
21,1km	05h30	3hrs	16 years	08h30	
10km	06h00	2hrs	14 years	08h00	
5km	06h05	1 ½ hrs	9 years		

ENTRY INFORMATION

ENTRY INSTRUCTIONS

- Only Pre-Entries available for 42,2km. No entries will be accepted after pre-entry closing date or at the venue
- Pre-Entries and Entries at the venue available for 21,1km, 10km and 5km events

PRE-ENTRIES:

Close 8 November 2023 or when entry capacity reached

ENTRY OPTIONS:

- Online Entries: www.entryninja.com
- Paper Entry by Hand Delivery: Refer to listed Hand Delivery Addresses

LATE ENTRIES:

- 9 to 11 November 2023 only at venue Rietondale Park
 - Times: 9 and 10 November: Between 11:00 and 18:00
 - Times: 11 November: Between 04:30 and 06:00

IMPORTANT ON RACE DAY:

Arrive early to park in the dedicated parking at the venue

ENTRY CAPACITY:

- Capped at the first 7,000 entries received
- Entries are limited and capped as follows: (by hand and/or online):
 - 42,2km: First 2,000 received
 - 21,1km: First 2,000 entries received
 - First 2,000 entries received - 10km:
 - 5km fun run: First 1,000 entries received

EVENT T-SHIRTS: R140,00

- Order your 2023 event t-shirt when entering ONLINE ONLY.
- Limited number t-shirts available [if not sold out] at the venue [Rietondale Park] between 9 - 11 November.

COLLECTING OF RACE NUMBERS:

- <u>Hand deliveried entries</u> will receive their race number & temporary licence number (if applicable) immediately upon entering
- Online entries must collect race numbers, temporary licence number [if applicable] & event t-shirt [if ordered] at the venue on the following registration dates:
 - At Venue: Rietondale Park, 87 Van Der Merwe St Pretoria
 - 9 & 10 November: Between 11:00 and 18:00
 - 11 November: From 04h30 Note: Entries close 15min before applicable event starting time







The following sports stores:

- The Sweat Shop, Dunkeld West Centre 011 325 2567
- Run-A-Way Sport: 302 Freesia St, Lynnwood Ridge 012 361 3733



