



BDS RACE WITH *Vitality*

21.1 KM
6:00am

10 KM
6:00am

5 KM
6:15am

02 DEC
SATURDAY . 2023

ENTRY FEES

ENTRY FEE	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
ALL OTHER CATEGORIES	R200	R100	R60

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available.

PARKING

Wonderpark Shopping Underground Parking & Secured Parking.

RACE NUMBER COLLECTION

- Friday, 01 December: 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 02 December: 04:30 till 06:00 – at the venue.

RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times: 10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- Late entries will be accepted on the 1st of december and morning of the day of the race provided we have not reached the 4000 capped
- Online entries: www.entryninja.com
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

FOR ENQUIRIES STEPHEN BALOYI @082 262 2568

| PETER KHOZA @084 650 3358



Race Rules

All participants at their own risk by their entry and indemnify the organizers, sponsors and governing bodies of any liability claims.

Athletes acknowledge that by entering the event they are medically fit to participate.

All participants in the 21.1 km and 10 km must wear a valid 2023 license number on the back and front of their vest during the race.

Unlicensed runners/walkers in the 10 and 21.1 km must buy a temporary license (R50), numbers must be worn on the front of the running top.

The race number must not cover the sponsor's logo on the license number.

No license required for the fun run.

The race will take place under the rules of ASA, AGN and WA (world athletics) and all participants must wear club colours during the race, except when participating with temporary licenses.

Minimum age of 16 years for the 21.1km and 14 years for the 10km race. No age limit for the fun run.

Marshals and traffic officials must be obeyed at all times

No seconding is allowed.

Official age category tags to be worn on front and back of vest. Proof of age required for category winners.

Walkers competing for prize money must wear an official 'W' on the front and back of running top.

No iPods or listening devices are allowed.

Medical support will be available.

No blades, cycles or mechanically operated devices are allowed in the race.

Cut off time: 10 km - 08:00, 21.1 km - 09:00.

Entry fees cannot be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organizers.

The race organizers retain the right to refuse entry and reject persons under the influence of drugs or alcohol who are disorderly or engage in inappropriate behaviour and vandalism.

Athletes who participate without buying a race entry will be disqualified

No littering allowed.

Water points every 3 km.

Tog bag area available.

Category winners who are not present at the prize-giving will have to collect their prizes and medals from the Black Diamonds Athletics Club.

VENUE:

wonderpark
SHOPPING CENTRE

GPS CO-ORDINATES: S25° 40,264 E28° 6,703

You can earn 300 Vitality points for completing a 5 km fun run, 600 Vitality points for running 10 km and 1500 Vitality points for your 21.1km run.

Plus, we're giving you 500 boosted Vitality points because we're still stoked to be running in person with you!

Prize Money:

Category	Position	10 km	21.1 km
Open	1	R500	R1 000
	2	R350	R700
	3	R200	R400
40 - 49	1	R200	R400
	2	R150	R200
	3	R100	R150
50 - 59	1	R150	R200
	2	R100	R150
60 - 69	1	R150	R200
	2	R100	R150
70 - 79	1	R100	R150
	1	R100	R150
80+	1	R100	R150
	1	R100	R150
Juniors	1	R150	R200
	2	R100	R150
Walkers	1	R300	R500
	2	R200	R350
	3	R100	R200
40 - 49	1	R150	R200
50 - 59	1	R150	R200
60 - 69	1	R150	R200
70 - 79	1	R100	R150
80+	1	R100	R150

CLUB GAZEBOS WELCOME:
CAN BE SET UP FRIDAY AFTERNOON FROM
18H00 OR ON SATURDAY MORNING

By entering this race as a Vitality Member, you hereby agree to share the relevant personal information with Discovery Vitality (pty) Ltd and authorized third parties for purposes of facilitating your vitality rewards.

