



MEDALS TO ALL FINISHERS!!!



# QOKOLWENI

## ANNUAL RUN

>> 2023

10th Edition <<

### Distance

16 km	10 km	5 km/Fun Walk
R200	R150	R100
06H00	06H10	06H15

### Online Entries Available @:

- > <https://finishtime.co.za/>
- > [www.webtickets.co.za](http://www.webtickets.co.za)
- > Pick n Pay Stores
- > Boxer Superstore

Online Entries **OPEN** on the : 01/10/2023.  
Online Entries **CLOSE** on the: 20/12/2023.

Event Date:

24 December 2023







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## ANNUAL RUN

**>> 2023 <<**



### Starting Points:

- > 16 km: Sprigg Street
- > 10 km: Tyumbu
- > 5 km: kwaJJ

### Finishing Point:

- > Qokolweni Sports Fields

### Collection &

### Late Registration Details:

- > Venue: Qokolweni Sports Fields
- > Date: 22-23 December 2023
- > Time: 10:00 - 18:00

**Parking is available at the Finish Point** (Qokolweni Sports Field).

Transport to the starting points will be provided.

**Transport to starting points leaves at 05:00** from Qokolweni Sports Field.

**NO TRANSPORT WILL BE PROVIDED AFTER THE RACE!!!**

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Sim: +27 82 310 3700 Mzi: +27 73 739 3475 Unathi: +27 82 775 5436 Andile: +27 84 742 6756



Qokolweni Athletics Club - QAC



Qokolweniac



Qokolweniac@gmail.com





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## **ANNUAL RUN**

### **RACE RULES AND REGULATIONS**

1. Event is under ATRA, WA (IAAF) and ASA rules and regulations.
2. All foreign athletes must comply with IAAF rule 4.2 and ASA rule 4.5
3. The entry fee is non-refundable unless the organising team fails to host the race and are entitled to reschedule to a later date.
4. Obey the traffic officials and marshals.
5. No earphones/ headphones or air pods are allowed during the race.
6. 10km: The participant must be 14 years and older on the day of the race.  
16km; The participant must be 16 years or older on the day of the race.
7. All athletes participate at their own risk.
8. The federation ASA, ATRA, Organizers and Sponsors will not be held responsible for any loss/ injury sustained during and after the races.
9. Refreshment stations will be available at every 3 km .
10. Athletes are responsible for their own accommodation.

