



EYETHU ATHLETICS CLUB

Hosts the annual

**FITNESS TEST : HALF MARATHON (21.1KM),
10KM & 5KM FUN RUN.**



**Athletics
Gauteng North**

Date : 12 August 2023
Venue : Lynnridge Mall @ Lynnwood, Pretoria
Start Time : 06h:50
Pre-Entry Fee : 21.1km = R190.00, 10km = R150.00 & 5km = R50.00
Race day Entry Fee : 21.1km = R220.00, 10km = R180.00 & 5km = R80.00
Temp Licence : R50.00



Store entries open: 01 April 2023 to 09 August 2023

Tshwane Running Shop, Sinoville: (087) 688 1336

Run-A-Way-Sport, Lynnwood: (012) 361 3733
 Race Nr Sales @ 0782205763, 083 379 9830 & 082 305 2447

Online entries open: 01 April 2023 to 04 August 2023 @ www.entryninja.com

Online Entries Collection:

Lynnridge Mall: **Date: 11 Aug 2023 @11h:00-17h:00**

Race Day Entries Sale: 05h:00 - 06h:40

All Discovery Vitality members can earn Vitality points as follows:

300 Vitality points for completing 5km
 600 Vitality points for completing 10km
 1,500 Vitality points for completing 21.1km

Prize giving: 10km ~ 09h:30 & 21.1km~ 10h:00

Prize Money: Male & Female (21.1 km run)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 650.00	R 1100.00	R 400.00	R 250.00	R 250.00	R200.00	R200.00
2	R 450.00	R 800.00	R 300.00	R 200.00	R 200.00	-	-
3	R 350.00	R 600.00	R 250.00	-	-	-	-

Prize Money: Male & Female (10 km run)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 250.00	R 600.00	R 220.00	R 200.00	R 200.00	R 200.00	R200.00
2	R 200.00	R 450.00	R 180.00	R 150.00	R 150.00	-	-
3	R 180.00	R 350.00	R 140.00	-	-	-	-

Medals

	21.1 km	10 km
Gold	Prize winners	Prize winners
Silver (R)	Next 100 runners	Next 100 runners
Finishers medal	To all finishers within-cut-off times	

Run-A-Way Store Discounts:

- 10% discount for any sport wear purchase at Run-Away-Sport shop. The participant will only need to bring the race number to the store before 30 November 2023.

LUCKY DRAW:

- **Run-A-Way-Sport** : There will be remote weekly luck draws for the online entries. The weekly winner will receive SMS.
- **Race Day Lucky Draws** : **10 x R800.00 & 10 x R600.00 worth of vouchers from Run-A-Way-Sport.**
6 x Female & 6 x Male running shoes from Run-A-Way-Sport.

RACE RULES AND INFORMATION

- The entrants will participate under the rules of ASA and AGN; it is the entrants responsibility to familiarise themselves with the rules.
- Athletes participate at own risk and indemnify the organisers, sponsors, provincial and national bodies against any claims that may arise.
- Licenced athletes must wear their 2023 licences at the back and front of their vests participating in the 10km and 21.1km races.
- Unlicensed athletes in the 10km and 21.1km races must purchase temporary licence and wear it on the back of the vest.
- Race numbers must be worn on the front. The race number must not cover the logo on the ASA licence number.
- Athletes competing for age category prizes must display the official numeric age category tags on the front and back of their vests.
- Minimum ages for participants in the 10km is 14 years and in the 21.1km is 16 years on the race day.
- All category winners must provide proof of age to qualify for prizes
- Marshalls and Traffic Officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification.
- No seconding is allowed during the race & no listening devices are allowed during the race.
- No Blade, Bicycle or mechanically operated device will be allowed in the race.
- Entry fees will not be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers.
- Cut-off times: 10km is 2hrs and 21.1km is 3hrs.
- No pets are allowed.
- Refreshment points @ 3km intervals along the route.
- Medical support and Tog bag facilities will be available.
- Club Gazebo space will be limited and available for use on first come, first serve basis.

aQuellé
Viv

REDEFINE
PROPERTIES

FINISH
TIME

Discovery
Vitality

RUN-A-WAY
SPORT

www.runawaysport.co.za

Bommail

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Soft

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E-mail: sales@mothersoft.co.za
+27 71 534 4065

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For any enquiries contact the race office:

Cell: 078 220 5763

Cell: 083 379 9830

