



HAVEN HILLS ATHLETICS CLUB  
PRESENTS

**05  
NOV  
2023**



**1<sup>ST</sup> EDITION:**

# **10KM RACE**



**From Doreen Road, Haven Hills**

**10km Race** ⌚ **6am**

500 MEDALS

TSHIRTS TO THE 1ST 300 ONLINE ENTRANTS- 10KM

**5km** ⌚ **6:15am**

100 MEDALS

**10 KM: R150 || 5KM: R 50 || TEMP LICENCE: R40**

Register online @ <https://entrytickets.net/havenhills10k>

**COLLECTION & MANUAL REGISTRATION @ OXFORD STRIDERS**

**FRIDAY:**



03 Nov 2023



15:00 - 18:00

**SATURDAY:**



04 Nov 2023



14:00 - 18:00



Khanyiso Tshika: 082 816 3295 || B. Makhutha 073 767 3756  
B. Makati 066 286 0101

## **RACE CASH PRIZES**

<b>10km Males and Females</b>				<b>5km Males and Females</b>			
<b>CATEGORY</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>CATEGORY</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>OPEN</b>	3 000,00	1 500,00	1 000,00	<b>OPEN</b>	1 000,00	800,00	600,00
<b>35+</b>	1 000,00	700,00	500,00	<b>35+</b>	500,00	300,00	200,00
<b>40+</b>	1 000,00	700,00	500,00	<b>40+</b>	500,00	300,00	200,00
<b>50+</b>	1 000,00	700,00	500,00	<b>50+</b>	500,00	300,00	200,00
<b>60+</b>	1 000,00	700,00	500,00	<b>60+</b>	500,00	300,00	200,00
<b>JUNIORS</b>	1 000,00	700,00	500,00	<b>JUNIORS</b>	500,00	300,00	200,00

## **RACE**

## **INSTRUCTIONS**

This event is run under the rules and regulations of Athletics South Athletics and Border Athletics. Athletes must wear their Club Licence No/ Temporary No on the front of their running Vest. The second club license must be worn on the back of the vest. Licence numbers must be visible at all times during the race. Age flashes must be worn on the upper front and back of the vest or crop top to qualify for age category prizes.

**Littering along the route will result in disqualification. Athletes must use the bins provided at the refreshment points.**

Refreshments Stations will be provided at approximately 3km intervals. No seconding vehicles will be allowed on the route. The Race Bibs must not the licence, and must on the front of the running vest. Placing it elsewhere may result in your finish time not being recorded. Prize Giving will take place at 08:00 or soon as possible thereafter. Athletes present at prize giving will be eligible for lucky draw/prizes

## **SAFETY ATHLETE**

Athlete are responsible for their own safety during the event. The event is run on public roads and athletes must give way to vehicles at all times. If you make use of prescribed medication for the control of medical conditions such Diabetes, Asthma, Epilepsy or allergy reaction etc, then you must carry your prescribed medication with you during the event. Medical Response personell will be on duty on the event course and at the finish, Race Marshals and Refreshment station personnel will assist athletes to communicate with Medical Response if required.

Traffic Officials and Race Marshals will be on the Route to assist with the safe passage of Athletes and failure to follow their direction may lead to your disqualification. Athletes must run no more than two abreast and on the right side of the road facing oncoming traffic unless the Traffic Officials instruct you to do otherwise. The use of earphones or head phones during the race is a contravention of ASA rules and will result in your disqualification.