

Rockies 5K & 10K RACE

SUNDAY 15 OCTOBER 2023 @ 7:30AM

ENTRY FEE: 5KM R100; 10KM R180

**START & FINISH: ZOO LAKE SPORTS CLUB,
CNR CARDIGAN STR & WESTWOLD WAY DRIVE**

Get fired up for the Rockies BRM 5km & 10km race in association with the Zoo Lake Users Committee and the Whittaker family.

Enter now and you could win:

- 10km 1st place wins R5 000; 2nd R3 000; 3rd R2 000
- One of 10 R250 BRM meat vouchers
- One of 10 R250 meal vouchers to enjoy at Gioia Trattoria by the Lake
- Earn Vitality points (5km earns 300 points / 10km earns 600 points)

ENTER ONLINE: WWW.ENTRYWINJA.COM/EVENTS/79499-ROCKIES-510KM

ENTRY COLLECTION

Saturday 14 October from 10am – 4pm at Zoo Lake Sports Club, 100 Westwold Way, Parkwood.

Sunday 15 October 2023 from 6 am before the race event at Zoo Lake Sports Club.

Late entries will be available for R200.

For more information, visit: www.rockies.co.za / Race Office: 083 399 1031 or 084 674 3290/
email: info@rockies.co.za

Shop entries available at The Sweatshop Dunkeld West

Race results will be available after the race on: www.raceresults.co.za



RACE RULES:

- The race is held in accordance with the rules of ASA and CGA.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the race.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event, they are medically fit to participate.
- All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
- Licensed athletes must wear club colours and their 2023 license number on the back and front of their vests, with the race number worn on the front of their vest. Licensed athletes who do not wear their 2023 license numbers must purchase a temporary license on the day or face disqualification.
- Temporary licensed athletes must wear plain clothing with the issued temporary license on the back of their vest. No temporary licenses are issued for marathons or ultra-marathons.
- Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
- No seconding allowed.
- International athletes must provide a clearance letter (from their country of origin) to the organizers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
- No blades, cyclist or mechanically operated devices allowed in the race.
- No 2, 3 or 4 wheel carts/prams, which are mechanically or manually operated by participants, or wheelchair athletes will be permitted to participate without special permission granted by the race organiser. All these participants must start at the back of the field.
- No animals/pets are allowed to participate.
- Minimum age for participation: 10km | 15 years old and 5kms fun run — no restrictions.
- Prize winners must present their proof of age to the referees before the prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
- Only those who have completed all the information required in the race entry/number are eligible for prizes.
- No refunds.
- No earphones, iPods and similar devices are allowed, as they are in contravention of the IAAF rule 144.2b and may lead to disqualification.
- Athletes may not run with another athlete's race number unless by prior arrangement has been made with the race organiser.
- The race organiser retains the right to refuse entry and reject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
- Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge.
- Habitual offenders who regularly participate without purchasing a race entry will be called to a CGA disciplinary.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins and can be disqualified if they litter.
- Cut-off time for all events is 2 hours (09h30).

PARKING: Please do not park on the race route

Parking available at the Jan Cilliers school Cricket & Rugby field next to Zoolake Sports club.

PRIZE GIVING at 09h00 (equal prize money for male & female). Contenders for prizes: Start to Mat timing applies.

Prize money 2023		10km	5km
open	1	5 000	Voucher
	2	3 000	0
	3	2 000	0
40-49	1	250	0
50-59	1	250	0
60-69	1	200	0
70 +	1	200	0
Junior	1	250	0

A portion of the race proceeds will be donated to the Zoolake Users Committee and the Rockies Elites Development program.

NB: Gioia Restaurant will be offering coffee and breakfast (Runners specials). The restaurant will be opened for coffee from 06h00 on race day.