



# DG PANEL AND PAINT CC CHALLENGE



Hosted By:



## SYDENHAM SPORTS CLUB

Date: Sunday 04 February 2024  
 Start: 05.00am Barnes Road, Sydenham  
 Finish: Barnes Road Grounds, Sydenham  
 Registration: Saturday - 03 February 2024  
 10.00am – 17.00pm at Sydenham Clubhouse  
 Online Entries: <https://www.eventtiming.info/sydenham>  
 Closing Date: Wednesday 31 January 2024  
 Entry Fee: 32km R - R250 / Late Entry R270.00  
 16km R/W- R200.00 / Late Entry R210.00  
 Temp. Licence: 32km - R110 / 16km - R60  
 Cut Off Time: 16km - 3 Hours (Prize Giving 08.00am)  
 32km - 4.5 Hours (Prize Giving 9.30am)  
 Enquiries: Anita 084 254 2468 / 083 603 2584

**MEDALS  
TO ALL FINISHERS  
WITHIN THE CUTOFF TIME**

### PRIZE MONEY

| 32 KM – M/F (19 YEARS + OVER)      |         |         |         |         |         |         |
|------------------------------------|---------|---------|---------|---------|---------|---------|
|                                    | OPEN    | 35 - 39 | 40 - 49 | 50 - 59 | 60 +    |         |
| 1                                  | R600.00 | R150.00 | R150.00 | R150.00 | R150.00 |         |
| 2                                  | R400.00 |         |         |         |         |         |
| 3                                  | R250.00 |         |         |         |         |         |
| 16 KM RUN – M/F (16 YEARS + OVER)  |         |         |         |         |         |         |
|                                    | OPEN    | 35 - 39 | 40 - 49 | 50 - 59 | 60 +    | JUNIOR  |
| 1                                  | R300.00 | R100.00 | R100.00 | R100.00 | R100.00 | R200.00 |
| 2                                  | R200.00 |         |         |         |         | R150.00 |
| 3                                  | R100.00 |         |         |         |         | R100.00 |
| 16 KM WALK – M/F (16 YEARS + OVER) |         |         |         |         |         |         |
|                                    | OPEN    | 35 - 39 | 40 - 49 | 50 - 59 | 60 +    |         |
| 1                                  | R300.00 | R100.00 | R100.00 | R100.00 | R100.00 |         |
| 2                                  | R200.00 |         |         |         |         |         |
| 3                                  | R100.00 |         |         |         |         |         |



082 498 14305 / 031 579 1967  
 quotes@dgpanelandpaint.co.za  
 93 Chris Hani Road (North Coast Road)  
 Briardene



| ENTRY FORM   |          |           |
|--|----------|-----------|
| NAME:  |          |           |
| SURNAME:   |          |           |
| ID NO.:  |          |           |
| D.O.B.:  |          | GENDER:   |
| CLUB:  |          |           |
| PROVINCE:  |          |           |
| LICENCE NO.:   |          |           |
| CELL NO.:  |          |           |
|  |          |           |
| 32km Run   | 16km Run | 16km Walk |
|  |          |           |
| <b>INDEMNITY</b><br>I am medically fit to run/walk and fully understand that I enter and participate at my own risk and will not hold the organisers responsible for any injuries or loss I may suffer through participation in the race, or any property lost or damaged on the course or in the changing area. |          |           |
| Signature:   |          | Date:     |

## RULES

1. This race is run in according to the rules as laid down by the WA, ASA, and KZNA and all entrants must abide by these rules. All foreign athletes must abide by WA rules CR 1.7, TR 4.1, TR 4.2 together with ASA Rule 9
2. The minimum age limit of an entrant for the 32km is 19 years and the 16km is 16 years.
3. Current ASA licenses, age category and walker tags must be clearly worn on the front and back of the vest/crop top.
4. Junior athletes are recognised as being 19 in the full year of competition. Open and above recognised at the age on the day of competition.
5. Temporary licenses (if purchased) must be worn on the back of the vest/crop top with the race number on the front. Temporary licensed athletes are not covered by the ASA National Insurance Policy. Unregistered athletes running with temporary licenses must run in neutral colours and adhere to WA Advertising Regulations. Holders of temporary licenses will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13.
6. Club colours must be worn.
7. Proof of age **MUST BE PRODUCED** if entrant qualifies for a prize category.
8. Race entry fees are not refundable.
9. Refreshment tables will be provided. Personal seconding is not permitted.
10. No pacing is permitted.
11. Marshals, technical officials and traffic officials must be obeyed.
12. All entrants participate at their own risk. Organisers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property lost or damaged on the course or in the changing area.
13. No littering rule, ASA Rules 28.4 & 28.5 together with WA Rules CR 18 & TR 8 applies.

## SPECIAL THANKS

