



10km/h

2024

hosted by Harlequin Harriers



1:53

450 Kcal



75



Get **moving @ sunrise**

**5 km • 10 km • 21 km • 32 km**

A timing chip is included in your entry fee and will be attached to your official race bib.

SATURDAY  
**2 March 2024**

HARLEQUIN CLUB  
**Groenkloof, Pretoria**



**Athletics**  
Gauteng North



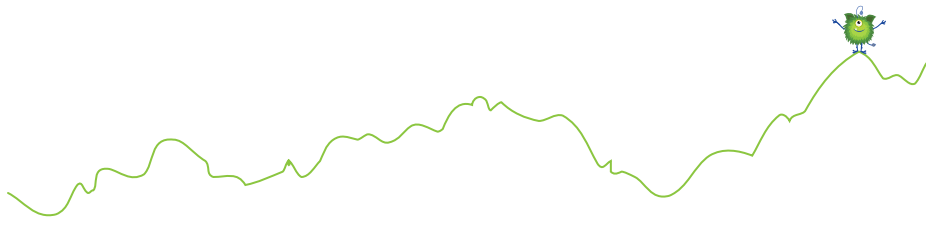
HOSTED BY  
HARLEQUIN  
HARRIERS

**NETCARE**  
**082911**  
24HR EMERGENCY MEDICAL SERVICES

**PEAK**  
**TIMING**  
START TO FINISH



**medihelp**  
Medical Aid in Action



## Entry fee

	32 km	21 km	10 km	5 km	Temp. licence
Online entries close at midnight on 1 March 2024	R300	R250	R180	R60	R60

## Special race features

**Free for Great Grandmasters (70+)**

<b>32 km</b> Sunrise Monster	<b>21 km</b> Half Monster	<b>10 km</b> Mini Monster
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Timed by Peak Timing

**5 km fun run (Baby Monster)**  
No temporary licence required.

## Entry and collections

Online entries close on Friday, 1 March 2024 at 24:00.  
Entries for all distances available at the Harlequin Club on Friday, 1 March 2024 from 11:00 to 18:00. Race numbers can be collected at the Harlequin Club on Friday, 1 March 2024 from 11:00 to 18:00 or on race morning from 04:30 to 05:30.

**JHB collection point**  
Thursday, 29 February 2024 at Running High, Shop 2, Bedford Arcade, 55 Van Buuren Road, Bedfordview from 11:00 to 17:00.

### All races

- Limited parking at SABS will be available. Donations to car guards welcome.
- Tog bag area will be available at own risk. Please note that, although all possible security precautions will be taken, tog bags are kept at the owner's risk. All participants must comply with security arrangements and instructions.
- Netcare 911 will provide medical support en route as well as at the finish.
- Hot and cold refreshments will be on sale.
- Water points will be available approximately every 3 km along the route.
- Toilet facilities are available.
- Club gazebos are welcome and may be erected at your own risk after 12:00 on Friday, 1 March as per the organisers' field allocation. Overnight security will be present. NO cars will be allowed on the field on race morning and any trailers/gazebos will have to be pushed/carried to the designated club areas.
- Athletes are requested to run clean and to discard their litter only in the bins provided at the demarcated waterpoint areas.
- Please note that all timed events are Gun to Mat.

## Enter online

**Race enquiries**  
Megan Hesse - 082 896 4377  
Jaun-Pierre Robbertse - 082 455 6465  
<https://bit.ly/PT-Sunrise2024>



Starting time:		Prize-giving:	
32 km	06:03	10 km	08:30
21 km	06:03	21 km	09:30
10 km	06:30	32 km	09:30
5 km	06:45		

## Spot the **Monster** and **WIN!**

Visit [www.medihelp.co.za](http://www.medihelp.co.za) and find the hidden **Sunrise Monsters** around the website to stand a chance of winning **1 of 3 Garmin Forerunner 245 music smartwatches.**

Scan QR code here



Double up your chance to win by dressing up as the **greenest Monster** on race day. Winners will be announced on the day.

Ts & Cs apply.

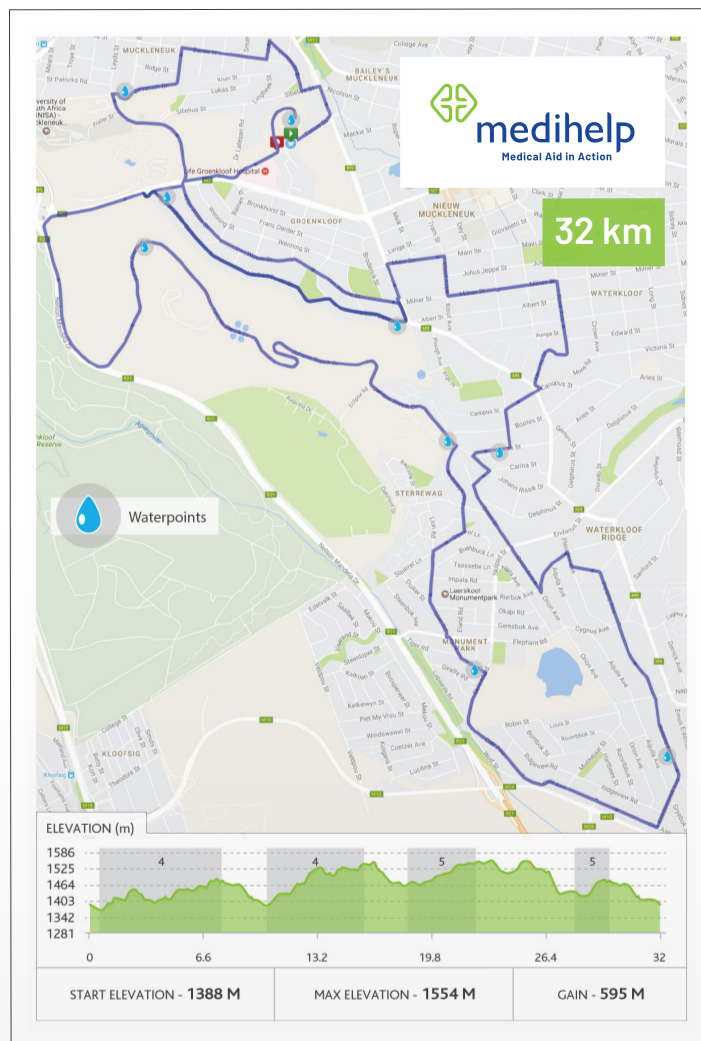
Ts & Cs apply.

# Rules for entries

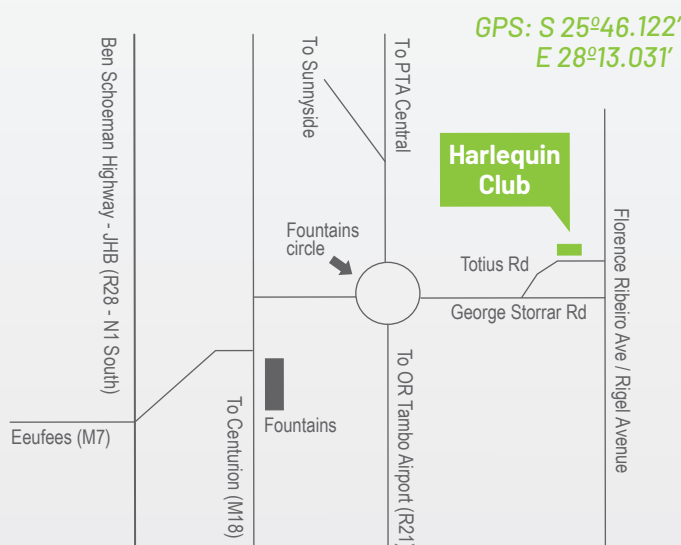
for all Sunrise Monster events

- The race is held in terms of the rules of Athletics South Africa ("ASA") and Athletics Gauteng North ("AGN").
- Athletes participate at their own risk and by their entry and participation fully indemnify the organisers of the Sunrise Monster events, ASA, AGN, all official sponsors and partners, volunteer groups, medical suppliers, and any and all local authorities, from any direct or indirect loss or damage, however caused, arising from their participation in the event or related to the event, including pre-race and post-race activities.
- All athletes are required to wear their Medihelp race numbers on the front of their running vests, taking care not to obscure the ASA/main sponsor logo on the valid licence number below.
- Registered athletes' race numbers must be visible at all times and worn on the front and back of the upper outer garment.
- Non-registered athletes are required to purchase a temporary licence in addition to the race entry fee and this number must be worn on the back of their vest.
- No licence numbers are required for the 5 km fun run (Baby Monster).
- No athletes under the age of 19 years on the day will be allowed to enter the 32 km race.
- No athletes under the age of 16 years will be allowed to run the 21 km race.
- No athletes under the age of 14 years will be allowed to run the 10 km race.
- Athletes under the age of 9 years will be allowed to participate in the 5km, provided that their parent/guardian accompanies them at all times.
- Athletes competing for category prizes must wear age category tags on both the front and back of their vests. Category tags MUST be visible.
- An athlete may only compete in the age category displayed in his/her vest. Thus, a master will not qualify for any veteran or master prizes.
- An athlete may, however, decide to enter for a younger age category by wearing the specific age category tag for a specific event.
- In all races with pre-entries or where different age categories are accepted, athletes must enter for the age category corresponding to the age category tag displayed on his/her running vest.
- Any athletes who cannot on request produce acceptable proof of age documents will be afforded three days in which to comply, failing which he/she will not qualify for any age group prize.
- Walkers competing for prizes should have their "W" ID tags prominently displayed on the front and back of their vests.
- Marshalls, traffic, police, and all race officials must be obeyed at all times. If athletes are instructed to stop by any medical, race, traffic or police officials, they shall do so immediately.
- For safety reasons, the use of personal music players with earphones or headphones is not allowed. Any person using such device in contravention of WA TR6.3 or ASA Rule 34.10 shall not be eligible for individual or team prizes and may be disqualified.
- No animals are allowed to accompany an athlete during any event.
- The **no mobile seconding** rule will be strictly enforced. No seconds may drive, cycle or run alongside any athlete on the route. The **stand and hand** rule, whereby an athlete's seconds may stand at any refreshment station on the route and hand refreshments to their athlete while they remain stationary, will apply. No seconds may travel on the race route. Seconding may not be conducted directly from a vehicle, whether moving or stationary.
- Athletes may be requested by race officials to verify age and provide proof of identification.
- Entry fees are non-transferable and non-refundable.
- In the event of non-participation, an entrant may not allow another runner to use his/her number without permission from the race organiser. Permission must be obtained at least 24 hours in advance.
- International athletes competing must adhere to WA Rules (WA Rule 4.2).
- Cut-off times:**
  - 32 km** – 4 hours 30 min (runners)
  - And 16 km en-route – 2 hours 15 min
  - 21 km** – 3 hours 30 min (runners)
  - 10 km** – 2 hours 30 min (runners and walkers)
  - 5 km** – 1 hour 30 min (runners and walkers)
- Prize giving:**
  - Prizes will be awarded to the top three runners in each category of the 10, 21, and 32km running race.
  - Walkers will only be awarded prizes for the 10km race.
- Routes are not suitable for wheelchair athletes.
- For the safety of athletes, convenience of the public, and efficiency of medical/race personnel, there will be cut-off times at specific places on the route. These times will be made available on the website. Competitors who miss the cut-off will not be allowed to continue on the course and will be routed directly to the finish or placed on a sweep vehicle for transport to the finish line.
- Peak Timing will be used to time the 32 km, 21 km, and 10 km events.
  - Peak Timing is the appointed timing service provider for the Sunrise Monster events.
  - All athletes are required to wear their race bib, which incorporates their timing chip. Athletes may not damage or remove their timing chip embedded in their race numbers, which must be worn on the front and back of an athlete's upper garment. The race numbers must be therefore worn as issued and may not be cut, folded or worn in any way that obscures the lettering.
  - Peak Timing will not be used to time the 5 km fun run.
- Race results will be available on [www.peaktiming.co.za/results](http://www.peaktiming.co.za/results).
- The athlete grants their permission, in terms of Section 51 of the Electronic Communications Transactions Act 25 of 2002, to Medihelp and Harlequin Harriers to use their name, race information, and photographs, video tapes, broadcasts and telecasts in which they may appear free of charge. Medihelp and Harlequin Harriers are compliant with the Protection of Personal Information Act 4 of 2013 (POPIA) and is committed to storing, using, and processing participant data in a manner compliant with the guidelines prescribed by POPIA.
- The athlete accepts that their personal information will remain confidential and hereby consent to same being shared with the parties involved in the organisation of the event for purposes of results, medical care, and/or promotion of activities related to the event.

# Route indication



# How to get there



The race is held at the Harlequin Club in Groenkloof, Pretoria. From Johannesburg, enter Pretoria at the Fountains Circle from the R21 or Ben Schoeman Highway (R28) by taking the Euufees off-ramp. Follow the direction indicators from the circle onwards.

