

Starting Time

06:00am (10km & 21km)

06:30am (5km)

Cost

5km Race - R60

10km Race - R120

21km Race - R180

Temp lic - R60

R20 for late entries

(Clubs are welcome to set up gazebos)

21km Race Prize:

1st Place - Motion base Queen with

Slumberland Pocket Firm Mattress

(Valued at R24 999)











Race Rules:

- Start and finish at Nederduitse Gereformeerde Kerk Wonderboom.
- The race will be run under the rules of AGN & ASA. No IPODS or listening devices allowed.
- Official age category ID tags must be worn back and front by athletes competing for category prizes.
- Walkers must wear "W" tags back and front if competing for a prize.
- Minimum age for participation for 10km = 14 years, 21km = 16 years.
- Identification and proof of age must be presented on request.
- All registered competitors must wear their 2024 licenses on the front and back of their vest.
- Temporary licensed athletes to wear temporary license on the back of their vest.
- The race number must be worn in such a way that the AGN and sponsors' logo on the license number is clearly visible.
- Medical support will be available on race day.

- Water points approximately every 3km.
- The organisers and race referees' decision are final and binding.
- No seconds and cyclists are allowed on the route.
- Tog bag area will be available.
- Parking available in and around the venue.
- Marshals, traffic officials and road rules must be obeyed at all times.
 - All athletes participate at their own risk. Entry fees are not refundable.
 - Winners must attend prize giving personally.
- Very important, in terms of the ASA rules and
- regulations 2016 (implemented as of 1 January)
 rule 20.4 states: runners are not permitted to run
- with animals. This is for the safety of both the
- animals and the athletes.

ENTER NOW

- Online entries: www.entryninja.com/events/80046pretoria-bobbies until 5 March 2024
- Run-A-Way Sport, 302 Freesia Str, Lynnwood, Pretoria (Tel: 012 361 3733) until 7 March 2024
- Tshwane Running, shop 192 Vinko Str, Sinoville, Pretoria (Tel: 076 929 7384) until 7 March 2024
- On race day at Nederduitse Gereformeerde Kerk Wonderboom 04:30 - 06:00
- Entries & Collection Friday from 13:00 to 18:00 and Race day at Nederduitse Gereformeerde Kerk Wonderboom, 238 Parsley Avenue, Annlin, Pretoria

RACE PRIZES

21km Race Prize:

1nd - Slumberland Motion Base

2nd - 2x Slumberland Pocket Pillows

3rd - 2x Slumberland Gel Mem Pillows

10km Race Prize:

1st - 2x Slumberland Pocket Pillows

2nd - 2x Slumberland Gel Mem Pillows

3rd - 2x Slumberland Water Bottles

5km Race Prize:

1st - 2x Slumberland Pocket Pillows

2nd - 2x Slumberland Gel Mem Pillows

3rd - 2x Slumberland Water Bottles

Prize Money:

1st Open Runner R500

1st Open Walker R500

Runner Category Winners R500

(Categories: junior; 40-49; 50-59; 60-69; 70-79; 80+)

Enquiries:

Please feel free to contact Bianca Strydom at 079 639 9009 We will respond to you as soon as possible. CUT OFF TIME 09:00 FOR ALL EVENTS