









Running

## for the Future

Stride towards a healthier future: From 5km comfort to 21km excellence, running shapes your wellness journey!

Prizes (male and female winners / placers) across the distances and age categories are as follows:

	10km	21km
Open category		
1 <sup>st</sup>	R8 000	R12 000
2 <sup>nd</sup>	R3 000	R4 500
3 <sup>rd</sup>	R2 000	R3 000
4 <sup>th</sup>	R1 000	R1 500
5 <sup>th</sup>	R500	R1 000
Each	of junior / 40-49 /	/ 50-59 / 60-69 categories
1 <sup>st</sup>	R1 000	R1 500

17 February 2024

Start and Finish: Richards Bay Alkastrand Beach (opposite Bay Hall)

What you need to know:

### 5km fun run

**Start: 06h20** R50 entry fee

## 10km

**Start: 06h10** 

R150 entry fee **Temporary license: R50** 

# 21km

**Start: 06h00** 

R230 entry fee Temporary license: R80



Online entries are open from 21 December 2023 to 12 February 2024 Enter at: www.peaktiming.co.za/



#### Medals to all finishers

The first 700 entries of the 10km and 21km races will receive a free t-shirt

# Race rules & information

- Number & T-shirt Collection: Friday, 16 Feb from 13:00 - 19:00 and on the day from 04:00 to 05:00. NB: No collection on Race Day.
- Current license number to be worn on the front and back of vest. Tog bag facility will be provided at own risk.
- The race will be run in accordance with the rules of WA, ASA and KZNA, and all participants to abide by these rules.
- All foreign athletes must comply with with WA Rules 4.2, 22.1 and 142, and ASA RULE 9.
- Refreshment stations will be provided along the route and no personal seconding will be permitted.
- Marshals, Traffic Officials and Technical Officials must be obeyed.
- Age Restriction: participants must be 19 years and older for 21km, 14 years and older for 10km and 9 years and older for 5km.
- Proof of age will be required for age category winners.
- ASA/KZNA approved age category tags must be worn on top front and back of vest/crop top to be eligible for age category prizes.
- Walkers: KZNA/ASA approved "W" walker tags must be worn on top front and back of vest/crop top to be eligible for prizes.



- Junior athletes, 19 years or younger, on 13
   December, in the year of the competition must wear "y" on the upper front and back of vest/crop top in order to be eligible for prizes and must provide proof of age on race day.
- ASA LICENCE NUMBERS: May NOT replace license numbers with Competition/Race Numbers/Stickers under any circumstances. Where a Competition/Race number is used, it must be placed so that the ASA License Sponsor and ASA Province/Year remains visible above the Competition/Race number. The License numerals may be covered. Athletes who fail to adhere to this rule may be disqualified.
- TEMPORARY LICENCES: Temporary licensed athletes are not covered by a national insurance policy. Refer ASA Rule 25.6.15.
- The rule must adhere to WA and ASA Rules or ASA Council Meeting to get approval for the change.
- Unregistered athletes running with Temporary Licenses must run in neutral colours and adhere to WA and ASA Rules.
- Holders of Temporary Licences will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rules and rule 25.5.13.



#### **Enquires and contact details**

Please contact Victor Msimango and Bongani Mbuyazi for any enquires. Victor.Msimango@riotinto.com or 073 442 8185
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