### THE GREEN MUE ROAD RACE - 2024



# THE GREEN MUE ROAD RACE 2024

PRE-ENTRY R200 / LATE ENTRY R220

1 6 MILE RUN (25.76KM)

START TIME - 6:00

PRE-ENTRY R130 / LATE ENTRY R150

MILE RUN (12.88KM)

START TIME - 6:00

PRE-ENTRY R60 / LATE ENTRY R60

**4** 

MILE RUN (6.44KM)

START TIME - 6:15

**CUT-OFFS: 10:00** 

PRIZE GIVING:

16 MILE - 9:30, 8 MILE - 9:00

TEMPORARY LICENSE: R60

ONLINE ENTRIES: WWW.ENTRYNINJA.COM





### 16 MILE (MEN AND WOMEN)

POSITION	RUNNERS WINNERS OPEN	JUNIORS	40-49 YRS	50-59 YRS	60-69 YRS	70 YRS+ (FREE ENTRY)
1ST	R400	GOLD MEDAL	R150	R150	R150	R150
2ND	R225	NA	NA	NA	NA	NA
3RD	R175	NA	NA	NA	NA	NA

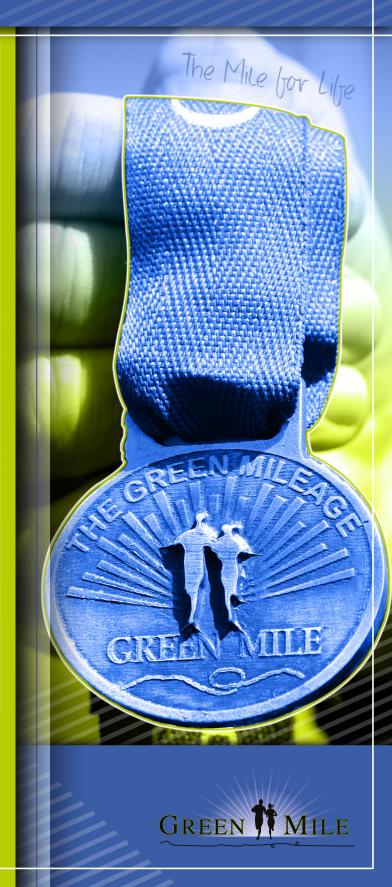
### **8 MILE (MEN AND WOMEN)**

POSITION	RUNNERS WINNERS OPEN	JUNIORS	40-49 YRS	50-59 YRS	60-69 YRS	70 YRS+ (FREE ENTRY)
1ST	R300	R100	R100	R100	R100	R100
2ND	R175	NA	NA	NA	NA	NA
3RD	R125	NA	NA	NA	NA	NA

TOTAL PRICE MONEY = R5 000 **GOLD MEDALS TO ALL CATEGORY WINNERS** 

### **RACE RULES**

1. THE RACE IS RUN IN ACCORDANCE WITH THE RULES OF ASA AND AGN, ATHLETES INDEMNIFY THE NATIONAL, PROVINCIAL AND REGIONAL BODIES, SPONSORS AND ORGANISERS OF THE RACE AGAINST ALL OR ANY ACTIONS OF WHATSOEVER NATURE: WHAT MAYBE ARISING OUT OF THEIR PARTICIPATION IN THE RACE. 2. REGISTERD ATHLETES, WHO MUST BE MEMBERS OF A CLUB AFFILIATED TO ASA TO WEAR THEIR CLUB COLOURS AND 2024 LICENCE NUMBER (FRONT AND BACK). 3. RACE NUMBER TO BE WORN ON THE FRONT OF THE VEST ON TOP OF THE PROVINCIAL ASA LICENCE NUMBER NOT CONCEALING. "THE SPONSORS LOGOS" AT THE TOP OF THE LICENCE. 4. MINIMUM AGE 9 YEARS (4 MILE), 14 YEARS (8 MILE) AND 16 YEARS (16 MILE). NUMBERIC AGE CATEGORY ID TAGS TO BE WORN ON THE BACK AND FRONT OF THE VEST AND CLEARLY VISIBLE. PROOF OF AGE MUST BE PRODUCED ON REQUEST ON THE DAY. 5. PROOF OF AGE FOR PRIZE WINNERS MAY BE REQUIRED AND TO BE PRESENTED TO REFEREES BEFORE PRIZE-GIVING. PRIZES WILL BE WITHHELD UNTIL ALL NECESSARY DETAILS OF THE WINNERS ARE CONFIRMED. 6. TEMPORARY LICENSES CAN BE PURCHASED WITH ENTRIES ONLINE, OR ON RACE DAY. TEMPORARY LICENSED ATHLETS TO WEAR PLAIN CLOTHING WITH THE ISSUED TEMPORARY LICENCE HOUSERS ON THE BACK OF THEIR GARMENT. 7. ALKIERS EXELOOME FOR THE 8 AND 16 MILE. WALKERS TO COMPLY WITH INTERNATIONAL WALKING RULES. 8. WALKERS HAVE TO WEAR IDENTIFYING W'S CLEARLY VISIBLE BACK AND FRONT. 9. NO BLADES, CYCLISTS OR MECHANICALLY OPERATED DEVICES ARE ALLOWED IN THE ROUTE OF THE RACE. 11. NO REFUNDS WILL BE ENTERTAINED. 12/13. FOREIGN ATHLETES MAY NOT RUN WITH A PROVINCIAL LICENSE UNINESS THEY ARE DOMICICLED WITHIN THE REPUBLIC. ALL FOREIGN ATHLETES MILE BE REQUIRED TO PURCHASE A TEMPORARY LICENSE OR FACE DISQUALIFICATION, 14. FOREIGN ATHLETES ARE NOT ALLOWED TO PURCHASE A TEMPORARY LICENSE OR FACE DISQUALIFICATION, 14. FOREIGN ATHLETES ARE NOT ALLOWED TO THEY ARE IN POSSESSION OF A REFUESE STATUS PERMIT OR ARE NATURALIZED CITIZENS OF REA. (REFER TO WARK IN ADMINIST SHEFE OF A DOUBLE BY THE PROPERTY OF THE REPUBLIC. ALL FOREIGN ATHLETES ARE NOT ALLOWED TO PURCHASE A TEMPORARY LIC



## THE GREEN MILE COAD ACE - 2024



MARIUS VAN DER WESTHUIZEN

MARIUS.PHOTO@ABSAMAIL.CO.ZA O 082 576 6755

CHRIS KOCH

CHRIS@CPJ444.CO.ZA 0 082 785 8792

INFO@GREENMILE.CO.ZA

## RUN-A-WAY SPRT

TOG BAG FACILITY AVAILABLE

**CLUB GAZEBOS ARE WELCOME** 

