

THE GREEN MILE ROAD RACE — 2024 —

The Mile for Life



SPORTPARK SPORTS COMPLEX, SPORTS RD, LYTTELTON MANOR, CENTURION

SATURDAY
APRIL 13



THE GREEN MILE ROAD RACE — 2024 —

PRE-ENTRY R200 / LATE ENTRY R220

16 MILE RUN
(25.76KM)

START TIME - 6:00

PRE-ENTRY R130 / LATE ENTRY R150

8 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



THE GREEN MILE ROAD RACE — 2024 —

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 MAY BE ARISING OUT OF THEIR PARTICIPATION IN THE RACE. 2. REGISTERED 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). NUMERIC 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 LICENCED ATHLETES TO WEAR PLAIN CLOTHING WITH THE ISSUED TEMPORARY LICENCE NUMBERS ON THE BACK OF THEIR GARMENT. 7. WALKERS WELCOME 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 RACE. 10. REGRETTABLY, NO ANIMALS WILL BE ALLOWED ON THE ROUTE OF THE RACE. 11. NO REFUNDS WILL BE ENTERTAINED. 12/13. FOREIGN ATHLETES MAY NOT RUN WITH A PROVINCIAL LICENSE UNLESS THEY ARE DOMICILED WITHIN THE REPUBLIC. ALL FOREIGN ATHLETES WILL BE REQUIRED TO PURCHASE A TEMPORARY LICENSE OR FACE DISQUALIFICATION. 14. FOREIGN ATHLETES ARE NOT ALLOWED TO RUN IN SOUTH AFRICAN CLUB COLOURS UNLESS SUCH CLUB EXISTS IN THEIR COUNTRY OF ORIGIN OR THEY ARE IN POSSESSION OF A REFUGEE STATUS PERMIT OR ARE NATURALIZED CITIZENS OF RSA. (REFER TO WA RULE 4). 15. WEARING HEADPHONES/EARPHONES IS PROHIBITED. 16. ATHLETES MAY NOT RUN WITH ANOTHER ATHLETES RACE NUMBER UNLESS BY PRIOR ARRANGEMENT WITH THE RACE ORGANISER. 17. THE RACE ORGANISER RETAINS THE RIGHT TO REFUSE ENTRY AND EJECT PERSONS UNDER THE INFLUENCE OF DRUGS OR ALCOHOL WHO ARE DISORDERLY OR ENGAGE IN INAPPROPRIATE BEHAVIOUR VANDALISM OR EVADE PAYING FOR ADMISSION. 18. LICENCED ATHLETES WHO DO NOT WEAR THEIR 2024 LICENCE NUMBERS MUST PURCHASE A TEMPORARY LICENCE OR FACE DISQUALIFICATION. RUNNERS PARTICIPATING WITHOUT BUYING A RACE ENTRY WILL ALSO FACE DISQUALIFIED AND WILL NOT BE ENTITLED TO ANY BENEFITS ASSOCIATED WITH THE RACE AND WILL BE LIABLE FOR A DOUBLE ENTRY FEE CHARGE. 19. HABITUAL OFFENDERS (THOSE WHO REGULARLY PARTICIPATE WITHOUT PURCHASING A RACE ENTRY) WILL BE CALLED TO A AGN DISCIPLINARY. 20. LICENCED ATHLETE'S NOT WEARING CLUB COLOURS MAY FACE DISQUALIFICATION. 21. OBJECTIONS MUST BE LODGED WITHIN 30 MINUTES BEFORE OR AFTER PRIZE-GIVING IN WRITING TO THE CHIEF REFEREE ACCOMPANIED BY R500, WHICH IS REFUNDABLE IF THE APPEAL IS UPHELD. 22. ATHLETES ARE ONLY ELIGIBLE FOR PRIZE MONEY FOR THE RACE THEY HAVE ENTERED. 23. ALL ATHLETES PARTICIPATE AT THEIR OWN RISK. ATHLETES ACKNOWLEDGE BY ENTERING THE EVENT THAT THEY ARE MEDICALLY FIT TO PARTICIPATE. ALL ATHLETES MUST SUPPLY THE NAME AND CONTACT NUMBER OF THEIR NEXT OF KIN ON BOTH THE RACE NUMBERS AND ENTRY FORM. 24. LITTERING IS NOT ALLOWED. ATHLETES ARE TO DISPOSE OF ANY LITTER IN APPROPRIATE BINS. ATHLETES CAN BE DISQUALIFIED IF THEY LITTER. 25. ELECTRONIC TIMING WILL BE DONE BY CHAMBERLAINS TIMEKEEPING IN PARTNERSHIP WITH FINISHTIME ON THE 4MILE, 8MILE AND 16MILE EVENTS. THE TIMING CHIPS WILL BE FIXED TO RACE NUMBERS. 26. TO ENSURE THAT YOU ARE ACCURATELY RECORDED IN THE RACE RESULTS IT IS IMPORTANT THAT YOU WEAR THE RACE NUMBER SUPPLIED WHICH IS ASSOCIATED WITH THE DETAILS YOU PROVIDED DURING THE ENTRY PROCESS. 27. NO CHIP. NO RESULTS.

The Mile for Life



GREEN MILE



THE GREEN MILE ROAD RACE — 2024 —

EVENT ENQUIRIES

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**RUN-A-WAY
SPORT**

TOG BAG FACILITY AVAILABLE

CLUB GAZEBOS ARE WELCOME

GREEN MILE