

Flamingo Shopping Centre (Modderfontein)

12 May 2024 | 07h00

Online Entries:
www.finishtime.co.za/events
www.webtickets.co.za or Pick n' Pay
www.racepass.com



Entry fees
21.1km = R240 (late entry fee = R260), Grandmasters = R190, Great-grandmasters = free
10km = R160 (late entry fee = R180), Grandmasters = R110, Great-grandmasters = free
5km = R90 (late entry = R110), Grandmasters = R40, Great-grandmasters = free
An additional service fee will be charged by the service provider.

Temp licences: 10km = R60 and 21km = R70

Prize giving time: 09h30

Prizes

21 Km (Ladies & Gents)

1st - R3800
2nd - R2500
3rd - R1200

10 Km (Ladies & Gents)

1st - R2500
2nd - R1300
3rd - R850

Category Winners 21km (#1 only, ladies and gents)

Juniors - R250
Veterans (40-49) R250
Masters (50-59) R250
Grandmasters (60-69) R250
Great Gransmasters (70+) R250

Category Winners 10km (#1 only, ladies and gents)

Juniors - R250
Veterans (40-49) R200
Masters (50-59) R200
Grandmasters (60-69) R200
Great Gransmasters (70+) R200

For enquiries: Thami: 067 112 8099 | Minenhle: 073 763 9998



Race information

- Early online entries close on the 3rd of May 2024, thereafter late entry fees will apply.
- 21.1km entrants may finish only the 10km if desired but will not qualify for 10km prizes.
- Substitutions may be done on the following race number collection dates, 10 & 11 May 2024. A fee will be charged for each substitution. No substitutions will be made on race day.
- Race number collection will take place on the 10th and 11th of May 2024 at Sportsman's Warehouse Stoneridge Mall, Shop 1 Stoneridge Shopping Centre, Modderfontein; from 09h00 a.m. to 17h00 p.m.
- Race numbers can be collected on race day from 05h00 a.m. to 6h45 a.m. at Flamingo Shopping Centre.
- Cut off time is 3 hours 30 minutes.

Race rules

1. The race is run in accordance with the rules of the CGA, ASA, and WA.
2. Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
3. 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 the race entry form.
4. No refunds.
5. Licensed athletes must wear club colours and their 2024 license number back and front, on the upper body of the garment and the issued race number worn on the front of vest without concealing the sponsors names. Licensed athletes who do not wear their 2024 license numbers must purchase a temporary license on the day or face disqualification.
6. Unlicensed athletes must wear plain clothing with the issued temporary license on the back of their vest and the race number on the front of their vest.
7. ASA Rule 25.5.15: Temporarily licensed athletes are not covered by a national insurance policy.
8. No advertising of any form may be worn by competitors unless sanctioned by the race organiser.
9. The 21km is open to all licensed and non-licensed runners/walkers of 16 years and over. The 10km is open to all licensed and non-licensed runners/walkers of 14 years and over.
The 5km fun run is open to all runners/walkers, children 5 years and under must be accompanied by adults.
10. Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
11. Proof of age for prize winners is required and must be presented to the referees before prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
12. International athletes must provide a clearance letter (from their country of origin) to the organisers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to. All foreign athletes must abide by the WA 4.2, 22.1, & 142, and ASA rule 9.
13. The following are NOT allowed: pacing, blades, cyclists or mechanically operated devices allowed in the race, animals/pets, earphones, headphones.
14. All instructions from traffic and race officials must always be obeyed.
15. 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.
16. Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
17. Littering is not allowed. Athletes are to dispose of any litter in appropriate bins.
18. Objections/disputes must be lodged within 30 minutes before and after prize giving in writing to the chief referee accompanied by R500.00 which is refundable if the appeal is upheld, or forfeited if the appeal is unsuccessful.
19. Should there be an official photographer on race day, entry information will be shared with the photographer. Entrants agree that photographs taken by the official race photographer on race day can be used for promotional purposes by the race organisers or sponsors.