



## EASTERNS KRAAIFONTEIN ATHLETIC CLUB



# 15km

ROAD RACE

# 5km

FAMILY FUN RUN/WALK

# SATURDAY, 18 MAY 2024

### 15km Road Race

- Starts: 07h00
- Medals to the first 1 700 finishers
- Cut-off time: 09h40

### 5km Family Fun Run/Walk

- Starts: 07h10
- Medals to the first 300 finishers
- Cut-off time: 09h40

**Children under 12 years, must be accompanied by an adult.**

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## Race Costs

### 15km Race Athletes

Licensed  
(Including Juniors) R140  
Unlicensed R200  
(Timing Chip Included)

5km Family Run/Walk R60

## Prize Money

#	JUNIORS	OPEN	40 - 49	50-59	60-69	70+
1 <sup>st</sup>	R500	R1 200	R800	R600	R600	R600
2 <sup>nd</sup>	R400	R800	R600	R400	R400	R400
3 <sup>rd</sup>	R300	R600	R400	R300	R300	R300

Team Prize: R250 x 4

## Registration

- Online: [entry.ninja- www.entryninja.com](http://entry.ninja- www.entryninja.com)
- **Entries close 14 May 2024**
- Pre-Race number collections on Friday, 17th May 2024 from 13h00 - 18h00 at Brackenfell Hyper, Entrance 3 and on the race day from 05h00 at Brackenfell Hyper, Entrance 1.

## Race Information

1. Enquiry – Ashley Johnson on 083 546 4520 or [aj.ukhozivp@gmail.com](mailto:aj.ukhozivp@gmail.com)
2. Enter online: [www.entryninja.com](http://www.entryninja.com)
3. 15km Race starts at 07h00 and ends in the Brackenfell Centre parking area.
4. 5km Family run/walk starts at 07h10 and ends in the Brackenfell Centre parking area.
5. A tog bag facility will be provided at the runners own risk.
6. Licensed athletes (including juniors) entry fee is R140.00.
7. Unlicensed athletes entry fee is R140.00 + R60.00 for a temporary license.
8. Family 5km fun run/walk is R60.
9. Social walkers are welcome. Walkers to start at the back and to keep to the side of the road.
10. Online entries collection will be available on Friday, 17 May from 13h00 to 18h00 and on the morning of the race from 05h00.
11. Entry fees are not refundable.
12. Any inquiries relating to online entries can be directed to [support@entryninja.com](mailto:support@entryninja.com), contact number 087 012 5044 and live chat (<https://www.entryninja.com/contact>). For results-related queries please email [info@bouttime.co.za](mailto:info@bouttime.co.za)
13. 15km runners can get their online results including the finishers' certificate at [bouttime.co.za/Results/](http://bouttime.co.za/Results/)

## Entry Rules

1. The race is run according to the rules of ASA & WPA.
2. Runners must obey traffic officers, race marshals, and race officials at all times.
3. Participants in the 15km race must be 15 years and older on the day of the race.
4. No personal seconding permitted except at official refreshment stations.
5. The cut-off time is 09h40. (15Km time limit is 2 hours 40 minutes).
6. Licensed runners should run in club colours and have a valid 2024 licence. Licenses must be worn on the front and back of the vest.
7. Unlicensed (non-club member) participants must, in addition to the race entry fee, purchase a temporary license which must be worn on the back. Temporary license holders, when registering, must complete and hand in the tear-off strip from the number to be eligible to compete.
8. Age category tags must be worn (front and back) and be visible for the entire race to be eligible for any age category prize including juniors.
9. Runners with a temporary license must wear plain clothing and no advertising.
10. Race numbers with a timing chip will be issued for the 15km race only. Your timing chip together with your race number must be worn on the front of your vest and need to be visible at the finish line.
11. There is a foam backing on the back of the race number. Please do not remove the timing chip and foam strip from the race number – doing so will result in NO finish time. For safety and timing purposes, ONLY the person assigned to this race number may use it.
12. The use of music players with headphones is not allowed and may result in disqualification.
13. Water and Powerade sachets will be available along the route and at the finish. Participants are encouraged to carry their own.
14. Prize giving will be soon after 09h45 which includes the awarding of lucky draw prizes.
15. Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies, and all persons assisting in staging the event from any responsibility, liability, or costs relating to any injury, loss or damage of whatever nature, however, caused, arising directly or indirectly from their participation in the event.
16. The organisers, sponsors, landlord, and its employees, agents, representatives, contractors, managers, WPA or any other acting under the landlord's control (collectively called "the owner") shall not be responsible or liable for any claim, loss or damage arising or suffered by any person participating in this activity, including but not limited to personal injury, or death, or any harm caused to any person or for damages, loss or destruction of any person arising from negligence by the owner or theft or from any other cause whatsoever.
17. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean #CarryYourOwn.
18. Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.
19. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or by request from the organisers or the WPA office.
20. Protection of Personal Information - Runners agree that their personal information is provided to the race organiser to organize the event. Such information may be shared with Bouttime to enter the race and timing.

## Prizes

1. In addition to overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter.
2. Corresponding numerical age category tags must be worn on the front and back of their club vest.
3. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
4. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
5. Juniors born in 2005 or later must display the age tags "J" to qualify for a prize.
6. ASA WPA Licenses valid for 2024 must be worn on the front and back of the vest.

**Please DO NOT leave any valuables in your car!**

# BRACKENFELL HYPER



**MEDICROSS**  
HEALTH CARE GROUP

