

# ICE BREAKER



21.1KM  
10KM  
5KM

## 6 July 2024

Garsfontein  
Primary School

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	PRIZE GIVING	CUT OFF	LATE ENTRIES	VITALITY POINTS
21.1KM	R200	07:00	16 Years	09:00	10:30	R220	1500
10KM	R140	07:00	14 Years	08:30	10:30	R160	600
5KM	R60	07:15	9 Years	None	10:30	R70	FUN RUN

Temporary license required for non registered athletes on the 21.1km & 10km: **R60**  
70+ athletes: 50% discount on entry fee

**ONLINE ENTRIES FROM 10 MAY 2024 - [www.entryninja.com](http://www.entryninja.com) (until 1 July 2024)**

### MANUAL ENTRIES

- Run-A-Way Sport (302 Freesia St, Lynnwood Ridge)

From 13 May to 4 July (please check with shop for operating hours)

### LATE ENTRIES AND RACE NUMBER COLLECTION

- Dutch Reformed Church Garsfontein (285 Emmie Hartmann Str.)  
5 July from 13:00 until 17:30
- At the venue (Garsfontein Primary School - Petronella Str. entrance)

Race day from 05:30

Scan here  
for easy  
entry



# PRIZE MONEY

## Male & Female

Position	Open	Junior	40-49	50-59	60-69	70-79	80+
<b>21.1km Run</b>							
First	R700	R400	R200	R200	R200	R200	R200
Second	R400	-	-	-	-	-	-
Third	R300	-	-	-	-	-	-
<b>10km Run</b>							
First	R500	R250	R150	R150	R150	R150	R150
Second	R300	-	-	-	-	-	-
Third	R150	-	-	-	-	-	-
<b>21km Walk</b>				<b>10km Walk</b>			
<b>First</b>		R350		<b>First</b>		R250	

### RULES AND ADDITIONAL INFORMATION

The race is run in accordance with the rules of ASA and AGN.

1. Athletes who do not adhere to the rules, will be disqualified.

2. Licensed athletes must wear 2024 licenses at the back and in front of their vests, temporary licenses must be worn at the back of vest.

3. Race numbers must be worn in front of the vest and should NOT cover the logos of the license number.

4. Walkers competing for prize money must wear W tags on the front and back of their vest.

5. An athlete can qualify for prize money in the open category as well as the age category that he/she entered for.

6. Age category tags must be worn in front and at the back of vest by athletes competing for category prizes.

7. Please obey all marshals, traffic authorities and traffic rules.

8. No seconds, cyclists, pets or roller blades allowed. No iPods or listening devices.

9. All athletes participate solely at their own risk and the organizers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during or as a result of the race.



- Club gazebo's welcome

- Dustbins at water points

- Coke and water +/- every 3km

- Medical services will be provided

- Refreshments will be on sale at the venue

- Tog bag area will be available

- Parking in streets surrounding the school – security guards will be on-site

- Please arrive early to avoid traffic congestion

- Race results available on [results.fishtime.co.za](http://results.fishtime.co.za)

NO LITTERING ALONG THE ROUTE PLEASE #RUNCLEAN

- Paul Kirby - 082 200 4219

- Office - 012 361 3618
- Wingate Road Runners - 072 864 2908

Race organized by Dutch Reformed Church Garsfontein & Wingate Road Runners

All proceeds from the race will be used for charity outreaches by the Church