



SA Home Loans

# Oldies 10K

SUNDAY, 10 NOVEMBER 2024



## RACE INFORMATION

Date of race: 10 November 2024

Start time: 06:00

Start venue: Northwood Crusaders

10 Ranleigh Cres, Durban North, Main Gate

Finish venue: Northwood Crusaders

## ENTRY FEES

Entry fee: R180.00

Late entry fee: R200.00 (From 07-11-2024)

Temporary licence: R80.00

## NUMBER COLLECTION

Date: 9 November 2024 | Time: 09:00 - 15:00

Venue: Northwood Crusaders

## ENTRIES

Online entries: [www.eventtiming.co.za](http://www.eventtiming.co.za)

Manual entries: On registration day @

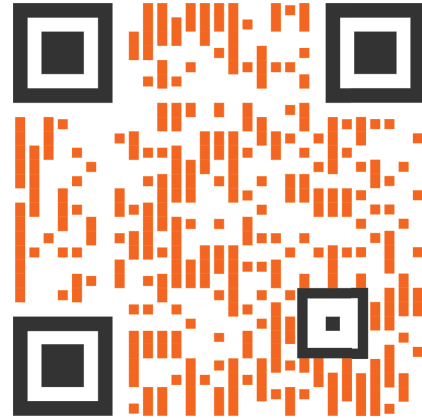
Northwood Crusaders

Online opening and closing date:

Normal closing date 07-11-2024 Late 09-11-2024

Entry taken on race day: No

SCAN HERE  
TO REGISTER



Free

limited edition race  
shirts and goodie bag  
for the first  
1000 entrants



# ENTRY FORM

Full name:

ID/Passport number:  Sex: Male  Female

Contact number:  Province:

Club:  ASA number:

Temporary license required: Yes  No

Age category: Junior  Open  35 - 39  40 - 49  50 - 59  60+

## PRIZE MONEY

<b>OPEN MEN'S &amp; LADIES</b> 1 <sup>st</sup> R1000.00 2 <sup>nd</sup> R600.00 3 <sup>rd</sup> R400.00	<b>JUNIORS - MEN'S &amp; LADIES 19 &amp; YOUNGER</b> 1 <sup>st</sup> R400.00	<b>MEN'S &amp; LADIES 35-39</b> 1 <sup>st</sup> R500.00	<b>MEN'S &amp; LADIES 50-59</b> 1 <sup>st</sup> R500.00
		<b>MEN'S &amp; LADIES 40-49</b> 1 <sup>st</sup> 500.00	<b>MEN'S &amp; LADIES 60+</b> 1 <sup>st</sup> R500.00
<b>HOTSPOT PRIZE. 1<sup>ST</sup> PERSON TO THE TOP OF CLINCH CRESCENT</b>			

**RACE CUT OFF WILL BE 8:30 AM | ENTRIES LIMITED TO 1500 ATHLETES**

**RACE ENQUIRIES: Oldies10K@dhsoldboys.co.za & 061 022 9654/ 082 714 3214**

### RACE RULES

- Current licence number to be worn on front and back of vest.
- All unlicensed entrants require a temporary licence which must be worn on the back of the vest/crop top with the race number on the front.
- Tog bag facility will be provided but at owner's risk.
- The race will be run in accordance with the rules of WA, ASA and KZNA and all participants to abide by these rules.
- All foreign athletes must comply with WA CR 1.7, TR 4.1 and 4.2 together with and ASA Rule 9.
- Refreshment stations will be provided along the route and no personal seconding will be permitted.
- Marshalls, traffic officials and technical officials must be obeyed.
- Age restriction: 10km - Participant must be 14 years and older on race day.
- Proof of age will be required for age category winners.
- ASA/KZNA approved age category tags must be worn on top front and back of vest/croptop to be eligible for age category prizes.
- Junior athletes, 19 years or younger on 31 December in the year of the competition, must wear a "J" on the upper front and back of vest/croptop in order to be eligible for prizes and must provide proof of age on race day.
- Litter Zones will be enforced at all tables in accordance with ASA Rule 28

### ASA LICENCE NUMBERS:

- Organisers/Athletes may NOT replace ASA licence numbers with Competition/Race Numbers/Stickers under any circumstances. Where a Competition/Race Number is used, it must be placed so that the ASA Licence Sponsor and the ASA Province/Year remains visible above the Competition/Race Number. The Licence numerals may be covered. Athletes who fail to adhere to this rule may be disqualified. (Refer to ASA Rule 26.1.7)

### TEMPORARY LICENCES:

- Temporary licensed athletes are not covered by a national insurance policy. Refer to ASA Rule 25.6.15.
- Unregistered athletes running with Temporary licences must run in neutral colours and adhere to WA and ASA rules.
- Holders of temporary licences will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rules.
- For safety reasons the use of personal music players or other devices with headphones is not allowed. Any person using such device shall not be eligible for individual or team prizes and may be disqualified without a warning. ASA Rule 34.10.6.

Signed:

Date: