



— DATE: 14 JULY 2024 —

HOWICK 10KM RACE

RACE START: 07:00 AM | MPOPHOMEN SHOPPING MALL

EARLY ENTRIES : R160 | LATE ENTRY: R200 | TEMPORARY LICENCE: R60

ONLINE ENTRIES CLOSING: 10 JULY 2024

SATURDAY: 13 JULY 2024 LATE ENTRIES

Enquiries: Nompilo 073 509 2976 | Wonder 072 872 5504

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HOWICK 10KM RACE

NO CASH AT PRIZE GIVING, WINNERS WILL LEAVE THEIR BANK DETAILS

PERSONAL DETAILS

FIRST NAME
SURNAME
DATE OF BIRTH AGE GENDER M F
ID NUMBER

RUNNING DETAILS

CLUB NAME
LICENCE NO PROVINCE

CONTACT DETAILS

EMAIL
CELL NO

EVENT DETAILS

ENTRY FEE TEMP LICENCE
LATE ENTRY FEE
TOTAL AMOUNT PAYABLE

INDEMNITY

I am medically fit to compete and fully understand that I enter at my own risk and the organisers and their sponsors will not be held responsible for any loss or injury during or as a result of the event. I agree to comply with the rules of the World Athletics, Athletics South Africa and KwaZulu-Natal Athletics for my participation in this event. If i am competing with a temporary licence, I am not covered by the ASA Athletic Medical Insurance Policy.

SIGNATURE _____ DATE ____/____/____

GENERAL RACE INFORMATION

- All Traffic Officials, Technical officials and marshalls must be obeyed.
 - The race number contains a chip and must under no circumstance be folded.
 - Timing will be done from gun to mat.
 - Licensed Athletes must be members of a club and must be affiliated to ASA, and should wear club colours. The race is run in accordance with and subject to WA,ASA and KZNA Rules
 - All foreign athletes must abide by WA rules CR 1.7, TR 4.1 and TR 4.2 and ASA rule 9.
 - 2024 Provincial license numbers must be worn at the front and back of vest/crop top, Proof of age category winners. KZNA approved age category tags must be worn at the front and back of vest/crop top and must be clearly visible.
- YOUR ENTRY FEE WILL NOT BE REFUNDED IF YOU DO NOT PARTICIPATE
- Water tables provided giving out water sachets to runners. **Strictly no seconding & spectators allowed on route.**
 - There will be no interaction whatsoever between managers, coaches or any other person and the athletes. Coaches will not be allowed on the route. Any contravention will result in disqualification of the athletes.
 - Athletes must at least be 14 years or older to participate on the 10km race
 - The cut off time for the 10km is 2 hours (9:00 am).
 - Junior athletes must be under 19 years of age and younger on 31 December 2024, must wear a "J" on the upper front & back of the vest/crop top in order to be eligible for prizes & must provide proof of age on race day.
 - Full result will be available on www.finishtime.co.za

ENTRIES

- Early bird entries online using www.webtickets.co.za
- Or alternatively enter at any Pick n Pay Store or Boxer Store.
- Online Entries Closing on 10 July 2024
- Late Entries - Manual only Saturday 13 July 2024
- Temporary Licences: Temporary licensed athletes are not covered by ASA national insurance policy. Refer to ASA Rule 25.6.15

RACE NUMBER COLLECTION

- Race number collection day, SATURDAY 13 JUL 2024. @Howick Indoor West Stadium between 10:00 - 17:00 am. NO TOG BAGS FACILITY. NO COLLECTION ON RACE DAY

IMPORTANT INFORMATION

- RACE STARTS AT 07:00 AM MPOPHOMENI MALL,
- FINISH HOWICK WEST STADIUM. CUT OFF TIME 2:00 HOURS 9:00 AM
- ANYONE NEEDING TRANSPORT TO START MUST REQUEST ON ENTRY
- LIMITED TO 700 RUNNERS ON THE DAY
700 RUNNERS WILL RECIEVE A T-SHIRT
- CLOSING DATE 10 JULY 2024 EARLY ENTRIES
- LATE ENTRIES 13 JULY 2024 @ HOWICK WEST STADIUM FROM 10:00 - 17:00
- ASA LICENCE NUMBERS: Organisers/Athletes may NOT replace ASA licence numbers with Competition / Race Numbers/Stickers under any circumstances.

PRIZE MONEY

GENDER	MALES	FEMALES
1 ST	R 2 000	R 2 000
2 ND	R 1 500	R 1 500
3 RD	R 1000	R 1000
AGE	MALES	FEMALES
1 st 40-49	R 300	R 300
2 nd 40-49	R 200	R 200
1 st 50-59	R 300	R 300
2 nd 50-59	R 200	R 200
1 st 60+	R 300	R 300
2 nd 60+	R 200	R 200
JUNIOR	BOYS	GIRLS
1 st	R 600	R 600
2 nd	R 400	R 400

