

MEREWENT ATHLETIC CLUB



**JOIN US ON
SUN, 01 SEPT 2024
6.30AM**

**15km Run /Walk
5km Fun Walk /Run**

Races start and finish at Dhubri Road
Sports Grounds, Merebank



**REGISTRATION
LINK
[CLICK HERE](#)**

SPRING INTO ACTION!

Join us for a vibrant Spring Day road race as we celebrate the arrival of Spring! Online entry and electronic timing for our race this year

15KM

**R150 entry fee
R 80 temporary licence
Free t-shirt for first 400 finishers.
Medals for all finishers
Prize money - various categories**

5KM

**R 10 entry fee
Medals for all finishers**

REGISTRATION

- Register on the website www.webtickets.co.za or
- Click on the registration link for direct access or
- Pick 'n Pay stores

Registration closes on Tues, 27 August 2024



Strini Pillay - 078 205 1900,
Jayce Moodley 079 793 3478,
VG Naidoo - 060 972 2047

**THANK YOU TO OUR
MAIN SPONSOR**



Additional Information

PRIZE MONEY									
OPEN			JUNIORS MALE AND F/MALE		SENIORS			WALKERS MALE & F/MALE	
	MALE	FEMALE				MALE	FEMALE		
1 st	R1000	R1000	1 st	R500	1 st	40-49	R400	1 st	R500
2 nd	R750	R750	2 nd	R300	1 st	50-59	R400	2 nd	R300
3 rd	R500	R500	3 rd	R200	1 st	60-69	R400	3 rd	R200
					1 st	70+	R400		

Collection of race packs and late registration on 31 August between 10am and 4pm at Dhubri Rd Grounds

INDEMNITY: I am medically fit to compete and fully understand that I enter at my own risk and the organizers 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 Kwa-Zulu Athletics for my participation in this event. If I am competing with a temporary licence, I am not covered by the ASA Athletics Medical Insurance policy.

Min entrance age is 15 years old – ASA Rule 22.10. Junior athletes must be 19 years old or younger on 31 December in the year of the competition, must wear a “J” on the upper front and back of the vest/crop top to be eligible for prizes and must provide proof of age on race day.

GENERAL RACE INFORMATION

1. All licensed runners are required to display 2024 license numbers on the front and back of your vest/crop top with race numbers on the front – ASA Rule 25.4.8 and 26.1.13
2. Club colours must be worn by licensed athletes
3. New ASA/KZNA age category tags (60mm – 80mm) must be worn on the front and back of vest/crop top and must be clearly visible to claim prizes.
4. Traffic Officers, Race Officials, and Marshals must be always obeyed.
5. The race will be run subjected to the rules of WA, ASA and KwaZulu Natal Athletics.
6. Foreign athletes must abide by WA Rules CR 1.7, TR 4.1, TR 4.2, ASA Rule 9.
7. Proof of age must be provided if entrant qualifies for a prize category – ASA Rule 2.14 and 5.14.
8. No personal seconding
9. ASA Rule 25.6.15 – All entrants participate at own risk. Organizers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property lost or damaged on the course or premises. Temporary licensed athletes are not covered by ASA Insurance Policy.
10. All unlicensed entrants require a temporary license at R80 which must be worn on the back of the vest/crop-top and the race number must be on the front.
11. Unlicensed entrants to wear plain colour vests/crop tops with no advertising. in accordance with WA and ASA advertising rules. Holders of Temporary licenses will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13.
12. Litter Zones will be enforced at all Water Tables as per ASA Rule 28. There will be 4 water tables with Water and Coke.
13. ASA Rule 34.10.6 For safety reasons the use of personal music players or other devices with headphones is not allowed. Any person may be disqualified without warning



www.kznathletics.co.za



KWAZULU-NATAL
ATHLETICS