

Gate Rite[®]

Cash & Carry

154 Wick Street • Verulam
(Opposite the Market, Next to the Mosque)



CHALLENGE

9am, Sunday
18th August 2024



First 500
Online Entries For 10km &
21.1km Will
Receive A String Bag

First 700
Entries For 10km
21.1km Will
Receive A T-Shirt & Medal

6:30am
10km Run/Walk
21.1km Run
9am
4km Fun Run

VERULAM ATHLETIC CLUB

START MOUNTVIEW SECONDARY SCHOOL FINISH
1 RUSSOM STREET, VERULAM

Race Information

*Start & Finish: **Mountview Secondary School**

*Start Time: 21.1km / 10km 6h30
4km 9h00

*Entries

Online Entries Open 1st July 2024 Till 14th August 2024

Enter at: [//www.webtickets.co.za](http://www.webtickets.co.za)
<https://www.finishtime.co.za>

Late Entries[Cash Only] At **Mountview Secondary School**, 1 Russom Street Verulam

Entry Fee:

10km Run/Walk: **R170**

Late Entry: **R200**

Temporary Licence: **R60**

21.1km Run: **R220**

Late Entry: **R250**

Temporary Licence **R80**

4km Fun Run: **R20 (NO Temporary Licence)**

Race Number Collection: Mountview Secondary School

Saturday 17th August 2024 13h00 Till 17h00

Sunday 18th August 2024 05h00 Till 6h30

ENTRY FORM						
Full Name						
ID/ Passport No.						
Contact No.						
Club				Province		
ASA No.				Temporary Licence	Yes	No
Race Events	21.1km	10km Run	10km Walk	4km Fun Run		
Age Category	Junior	Open	35-39	10-49	50-59	60+

PRIZE MONEY	21.1km Run (Male / Female)					
	OPEN	35-39	40-49	50-59	60+	Junior
1st	R1200	R400	R400	R400	R400	R400
2nd	R700	R300	R300	R300	R300	R300
3rd	R500	R250	R250	R250	R250	R250

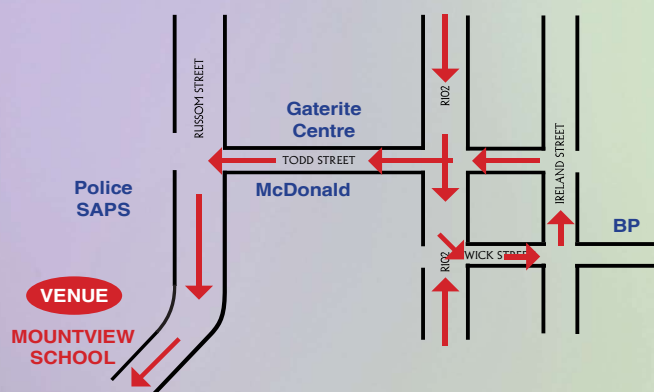
PRIZE MONEY	10km Run/Walk (Male/Female)						
	OPEN	35-39	40-49	50-59	60+	Junior	Walk
1st	R500	R250	R250	R250	R250	R300	R500
2nd	R300					R250	R300
3rd	R250					R200	R250

RACE RULES & INFORMATION

- * Race will be run in accordance with rules of WA, ASA & KZNA and all participants to abide by these rules.
- * All foreign athletes must comply with WA Competition rule 1.7, TR4.1, TR4.2 and ASA rule 9.
- * Refreshments will be provided along the route and no personal seconding will be permitted.
- * Runners & walkers to obey all marshalls, traffic and technical officials.
- * Age restriction: 21.1km -participants must be 16 years and older on race day /10km-participants must be 14 years and older on race day /4km-participants must be 9 years and older on race day.
- * ASA/KZNA approved age category tag and Walker tags must be worn on top front and back of vest/crop top to be eligible for age category prizes.
- * Cut off time 4hours.
- * Prize giving :10km 8h30
21.1km 9h30
- * ASA licence number:organisers/athletes may not replace ASA licence number with competition/race Number/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.
- * Temporary licences: Temporary licenced athletes are not covered by 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 advertising rules.
- * Holders of temporary licences will be eligible for individual prizes and may claim age category prize in keeping with WA and ASA rule 25.6.13.
- * Junior athletes, 19years and younger on 31 December 2024 in the year of the competition, must wear 'J' on the upper front and back of the vest /crop top in order to be eligible for prizes and must provide proof of age on race day.

Queries Contact: 083 783 6363 / 082 804 2420

Email: anaicker@yahoo.com



KWAZULU NATAL ATHLETICS

Coca-Cola