



**Germiston Callies Harriers
proudly present**

The Fred Morrison

10 km and 21km races

**Sunday 29 September 2024
at 06h30**

**Venue: Germiston Stadium,
Delville Road North, Germiston**

GPS Coordinates S26 13 38.2 E28 10 23.2

Entries will be online only

Entry Fees (excluding online fee)

21km	R200	Grandmaster R100
10km	R160	Grandmaster R80

**Great Grandmasters and Blind Runners Free
(online fees may apply)**

Temp Licence 21km R70 Temp Licence 10km R60

Medals to all finishers

Entries: Online at www.peaktiming.co.za

No entries on race day

Race numbers may be collected at Callies offices , Germiston Stadium on Saturday 28 September 2024 from 9am to 1pm.

Race numbers can also be collected from the kiosks on the morning of the race from 5h00.

Cut off times for both races is 10h00

**Cut off times will be strictly enforced and participants must withdraw from the race
if so requested by a race official.**

Marshals and traffic officials may be withdrawn after cut off.

Walkers welcome but must comply with cut off times.

**This is a CGA
approved race**



No runners may start the race more than 15 minutes after the gun



Race Rules

Fred Morrison 21km and 10km races

1. Run in accordance with ASA and CGA rules.
2. No seconding allowed - ample water points available.
3. Registered athletes must be a member of a club affiliated to ASA and wear club colours with race number on the front and 2024 licence numbers on the back and front clearly visible.
4. Temporary licensed athletes must wear the race number on the front of the vest and issued temporary licence on the back and wear plain clothing.
5. Athletes indemnify National, Provincial, Regional bodies, organizers and sponsors against all or any actions of whatever nature arising out of their participation in the race.
6. Numeric age category ID tags (including juniors) must be worn (front and back) and be clearly visible. Proof of age for prize winners will be required and to be presented to referees before prize giving. Prizes will be withheld until confirmed.
7. Only athletes of 15 years and older on 29 September 2024 may enter the 10km race.
8. Only athletes of 16 years and older on 29 September 2024 may enter the 21km race.
9. No 2, 3 or 4 wheel carts/prams that are mechanically or manually operated by participants, or wheelchair athletes will be permitted to participate without the special permission of the race organizer and traffic authorities. All such participants MUST start at the back of the field.
10. No pets are allowed to accompany runners.
11. International athletes to provide clearance letter to referees in the event of winning a prize.
12. Temp licensed athletes are eligible for open and category prizes, provided they have the age category tags clearly visible front and back.
13. No I-pods, headphones or portable radios are allowed.
14. Athletes participate at their own risk.
15. Entries are not refundable.
16. Objections to be lodged with the referees within 30 minutes (before or after prize giving) in writing accompanied by R300 which is refundable if appeal is upheld.
17. Athletes may not start the race more than 15 minutes after the start gun for safety reasons.

Prizes

10km Prize Money	1st	2nd	3rd	21km Prize Money	1st	2nd	3rd
Open Men and Women	R750	R500	R300	Open Men and Women	R1000	R600	R400
Men & Women 40-49	R200	R100	R50	Men & Women 40-49	R400	R200	R100
Men & Women 50-59	R100			Men & Women 50-59	R250		
Men & Women 60+	R100			Men & Women 60+	R250		
Men & Women Junior	R100			Men & Women Junior	R250		

10km Prize giving at 9h00

21km Prize giving at 10h00

**No littering beyond marked points at water points.
Carry any litter to next water point.
Do your part to care for the environment.**

Parking, Tog Bags and Enquiries

Callies parking marshals and car guards will be clearly identifiable. Please adhere to their guidance to ensure a smooth flow of traffic. Please park only in the designated areas

Tog bag area available – PLEASE NOTE; whilst best care will be taken at the tog bag area, Germiston Callies will not be held liable for any losses.

Enquiries: Brian Machill 083 700 5977
or email: gch@germistoncallies.co.za

or Les Black 082 552 7866