



PROUDLY PRESENTS THE

ACTOM

ACTOM TURBO MACHINES

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MACHINES

5K 10K 21.1K
32K
RACES

VAAL  MALL

26 OCT 24 START: **06:00**

- VAAL MALL, BARAGE ROAD - VANDERBIJLPARK

ENTRY FEES:

5KM - R50

10KM - R100

TEMP LICENSE

21.1KM - R180

32KM - R200

R100

Online Entries only at www.events.myactive.co.za

- NO ENTRIES OR NUMBER COLLECTION ON RACE DAY -

ENTRIES:

- Race number collection and entries taken on Friday from 13h00 - 17h00 at the Vaal Mall near to the food court
- Race Results on Finish Time.
- No Entries on Race Day.

RACE RULES AND REGULATIONS:

1. The race is run in accordance with the rules of ASA and AVT.
2. Registered athletes must be a member of a club affiliated to ASA, wear official club colours and two ASA 2024 license numbers on the front and back of your vest.
3. If you do not belong to an ASA affiliated club, you need to take out a temporary license at an additional cost of R100.
4. All race numbers must be worn on the front of your vest. The ASA logo on the front of your vest must not be covered by the race number.
5. If you have a temporary license, your race number must be on the front and the temporary license on the back of your plain clothing.
6. No temporary licenses needed for the 5km.
7. Athletes running with a temporary license will not be eligible to qualify for the Two Oceans 21km.
8. Proof of age or ID document must be produced on request at the Prizegiving.
9. Athletes competing for age categories must wear their age tags on the front and back of their vests.
10. No seconding will be permitted on any part of the route.
11. Distance boards every 1km.
12. Waterpoints every 3km.
13. All traffic officials and marshals on the route must be obeyed. Failure to do so might lead to disqualification.
14. Should an athlete wish to appeal against any ruling he/she must fill in an appeal form and pay R500. If the appeal is successful, he/she will be re-funded.
15. All athletes compete at their own risk. Athletes indemnify the National, Provincial, Regional bodies as well as sponsors and the organizers of the race against any or all actions of any nature whatsoever, that may arise due to participation in this event.

MEDALS TO ALL FINISHERS WITHIN THE ALLOCATED CUT-OFF TIMES

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PRIZE GIVING:

THERE WILL ONLY BE PRIZES TO THE 10KM, 21.1KM AND 32KM.

WILL COMMENCE ONCE ALL THE CATEGORY WINNERS OF EACH DISTANCE HAVE COMPLETED THE RACE.

10KM MALE AND FEMALE

SENIOR

1ST R500 · 2ND R300 · 3RD R200

40+ 1ST R500 · 50+ 1ST R250 · 60+ 1ST R200

21.1KM MALE AND FEMALE

SENIOR

1ST R800 · 2ND R500 · 3RD R400

40+ 1ST R300 · 50+ 1ST R250 · 60+ 1ST R250

32KM MALE AND FEMALE

SENIOR

1ST R1000 · 2ND R800 · 3RD R400

40+ 1ST R300 · 50+ 1ST R300 · 60+ 1ST R300

PRIMARY CONTACT

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