



ALBANY HERITAGE DAY RACE



IN CELEBRATION OF OUR CULTURAL DIVERSITY



SE8 BOULEVARD SHOPPING CENTRE,
CNR/O ANDRIES POTGIETER BOULEVARD AND
HENDRIK VAN ECK BOULEVARD.

29 SEPTEMBER 2024

START TIME: 21.1KM AND 10KM : 06:15
5KM STARTS AT : 06:30

RACE NUMBER COLLECTION:

1. SPORTSMANSWAREHOUSE VANDERBIJLPARK
FROM 26-28 SEPTEMBER 2024
2. RACE DAY FROM 04:00 UNTIL 10 MINUTES BEFORE RACE STARTS



HESSIE TROMP:
+27 (83) 686-7705



MATHEWS MATSETELA:
+27 (78) 130-6665



ONLINE ENTRIES OPEN 28 FEBRUARY 2024
WWW.ENTRYNINJA.COM
ONLINE ENTRIES CLOSE 16 SEPTEMBER 2024



T-SHIRTS
TO BE SOLD AT
R250



ENTER AT SPORTSMANSWAREHOUSE,
VANDERBIJLPARK, EASTGATE,
EASTRAND MALL AND FOUR WAYS



Closing date for online entries: *the freshness*

1. ONLINE ENTRIES
Open 28 February 2024

Closing date for online entries:
16 September 2024
Enter and pay at entry ninja

Heritage Day race

- 10km entry fee R150
- 21.1km entry fee R200
- Grand Masters 10km R80 and 21.1km R100
- 5km entry fee R80
- Entries open 28 February 2024
- Pre-entry close 16 September 2024
- Late entries on 16 September at sportsmanswarehouse and on race day from 04:00 - 05:30
- Store entries at Sportsmanswarehouse from 1 March 2024
- Online entries will be available at: www.entryninja.com and the results will be available at: www.finishtime.co.za

Temporary License R60

10km Male and Female	21.1km Male and Female	5km Male and Female
1. R1500 2. R1000 3. R800	1. R2500 2. R1500 3. R1000	1. R500 2. R300 3. R200
10km Juniors Male & Female	21.1km Male & Female Juniors	
1. R500 2. R300 3. R200	1. R1000 2. R750 3. R500	
10km Male and Females	21.1km Male and Females	
Veterans, Masters & Grandmasters 1.R500	Veterans, Masters & Grandmasters 1.R700	

2. MANUAL / STORE ENTRIES
Sportsmanswarehouse Eastgate, Fourways, Eaststrand mall, the Glen and Vanderbijlpark from 29 September 2024

3. RACE NUMBER COLLECTIONS:
Sportsmanswarehouse Vanderbijlpark 26-28 September

PARKING

Parking for the race is available at the venue

Race Rules

1. Race under the rules of WA, ASA and AVT.
2. Age restriction:
21.1km: The participant must be 16 years or older on race day.
10km: The participant must be 14 years old or older on race day.
3. All foreign athletes must abide by WA rules 4.2, 22.1 and 142 ASA rule 9.
4. ASA/AVT approved age tags to be worn on upper front and back of vest/crop top, to be eligible for age category prizes.
5. The race number must be worn over the permanent license number on the front of the upper body clothing and be placed so that the ASA province year remain visible above the race number (ASA Rule 26.1)
6. 2024 license number must be worn on the back and front of vest.
7. Race numbers and license numbers must not be worn on shorts / tights.
8. Temporary license must be worn on the back of vest and the completed tear-off slip must be lodged with the organizers at the end of the race.
9. Cut-off times:
21.1km: 3Hrs 30 Min
10km: 2Hrs 00Min
10. Results will be sent via sms and Finish Time website. www.entryninja.com
11. Disqualified athletes will not be eligible for any incentives or giveaways.
12. Participants must obey the race officials, marshals and the traffic officers.
13. Entry fee is non-refundable.
14. Prize money only for the race you enter.
15. Refreshment stations every 3 km and no personal seconding will be allowed.
16. All participants to abide by the rules and regulations of the event. You participate in the event at own risk and hereby indemnify the national and provincial bodies, sponsors and organizers of the race against any action or claim of whatever nature, which may result from your participation in the event.
17. All covid-19 regulations will be followed as per current restriction.