



Road RACE

26/10/2024



Rob Ferreira High School

10km

Starts at: 07h00

Entry fee: R120

Temporary license: R40
(for unlicensed athletes)

Medals to finishers

Prize money to category
winners

Prize giving at 09h00

4.9km

Starts at: 07h15

Entry fee: R50

Medals to finishers



ENQUIRIES

Charmaine 083 549 4372

Armand 066 288 8767



Online entries only at
www.entrygeek.com

Entries close on **Wednesday 23 October 2024**. No late entries will be accepted.

ASA Rules apply:

- REFeree'S DECISION IS FINAL. Obey all traffic officials and race marshals.
- The race will be run according to the rules of ASA, World Athletics (WA), and AMPU House rules.
 - No seconding is allowed. No pacing of any kind is permitted.
- Ages: Athletes for the 10km race must be 14 years old on the day of the race.
 Athletes for the 21km race must be 16 years old on the day of the race.
 - Proof of age (ID) must be produced upon request on the day of the race.
- All athletes participate at their own risk and by entering the event they acknowledge that they are medically fit to participate.
 - Registered athletes must wear full club colours and 2024 licence numbers on the front and back of the vest.
- The race number must be worn on the front of the vest. ASA licence numbers must not be covered with any paper race numbers or race bib.
 - Temporary licences must be fixed on the back of the vest. Remember to complete the temporary licence tear-off slip and hand it back to the organizer.
 - Age category ID tags must be clearly displayed for the duration of the event (back and front) by athletes competing for a category prize and must be fixed on all four corners and not be covered by a rain jacket or a shirt.
- Walkers competing for the walkers' prize must have the 'W' fixed on the left front and back of the vest, and all four corners must be fixed.
- Category winners must be present at the prize-giving ceremony or make prior arrangements to collect their award. Failing to do so will result in the athlete forfeiting their prize money.
 - Only athletes with a race number and licence numbers will be allowed into the event area.
- No littering. Please make use of waste boxes at the start/finish and on the course. PLEASE RUN CLEAN.
 - No tog bag area will be available.
- Any foreign athlete must have a confirmation letter or permit from the Sports Federation required under WA rule 4 to participate in the event.
 - The use of earphones is not allowed in this race and will lead to disqualification.

ATHLETES PARTICIPATE AT THEIR OWN RISK. THE CLUB WILL NOT BE HELD RESPONSIBLE FOR ANY LOSSES OR INJURIES INCURRED DURING THIS RACE.

PRIZE MONEY

Open class - 10 km		Category Winners - 10 km	
(Male and Female)		(Male and Female)	
1st place	R500	1st Junior	R150
2nd place	R300	1st 40+	R150
3rd place	R200	1st 50+	R150
		1st 60+	R150
		1st 70+	R150
		1st Walker	R150

