



# TSHWANE OPPIE BOL



**10KM** 07 AM

**05KM** 07 30 AM

**1.6KM** 07 30 AM

## RUN & WALK

DATE / VENUE

**NOVEMBER 02**

SANDF SPORTS GROUNDS, VALHALLA  
(THE JACKIE MEKLER ROUTE)

### PREPARE YOURSELF

ENTRIES AVAILABLE AT: PILDITCH AGN, SPAR LES MARAIS, SPORTMANS WAREHOUSE (CENTURION, MONTANA) AND ON RACE DAY

#### ENTRY FEE:

10KM RACE - R120

5KM RACE - R80

1.6KM DREAM MILE - R40

TEMPORARY LICENCE - R60

#### PLEASE CONTACT

CAZLE HENDRICKS

082 818 2956

NOSISI DLOMO

072 161 0281

ONLINE ENTRIES LINK



<https://qkt.io/booGsc>



IN SUPPORT OF DISABILITY AWARENESS MONTH



Athletics  
Gauteng North



LEAVE NO ONE  
BEHIND

## Prize Money

No category tag, no prize money

10KM RUN MEN/WOMEN PRIZE GIVEN							
POSITION	OPEN	JNR	40-49	50-59	60-69	70-79	80±
1ST	R800.00	R200.00	R300.00	R250.00	R200.00	R200.00	R100.00
2ND	R500.00	R150.00	R200.00	R150.00	R150.00	R150.00	-
3RD	R300.00	-	-	-	-	-	-

1.6KM WALK MEN/WOMEN PRIZE GIVEN		
POSITION	DISABILITY	WHEELCHAIR
	OPEN	
1ST	R500.00	R500.00
2ND	R300.00	R300.00
3RD	R200.00	R200.00

10KM WALK MEN/WOMEN PRIZE GIVEN							
POSITION	OPEN	JNR	40-49	50-59	60-69	70-79	80±
1ST	R500.00	R150.00	R150.00	R150.00	R150.00	R100.00	R100.00
2ND	R300.00	-	-	-	-	-	-
3RD	R200.00	-	-	-	-	-	-

5KM FUN RUN MEN/WOMEN PRIZE GIVEN		
POSITION	OPEN	JNR
1ST	R200.00	R100.00
2ND	R100.00	-

## RACE RULES AND INFORMATION

- The entrants will participate under the rules of ASA and AGN; it is the entrant's responsibility to familiarise themselves with the rules.
- Athlete participate at own risk and indemnify organisers, sponsors, provincial and national bodies against any claims that may arise.
- Licensed athletes must wear their 2024 licences at the back and front of their vests participating in the 10km races.
- Unlicensed athletes in the 10km races must purchase temporary licences and wear it on the back of the vest.
- Race numbers must be worn on the front. The race number must not cover the logo on the ASA licence number.
- Athletes competing for age category prizes must display the official numeric age category tags on the front and back of their vests.
- Minimum age for participants in the 10km I 14 years on the race day.
- All category winners must provide proof of age to qualify for prizes.
- Marshalls and Traffic Officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification.
- No seconding is allowed during the race or listening devices are allowed during the race.
- No Blade, Bicycle or mechanically operated device will be allowed in the race.
- Entry fees will not be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers.
- Cut-off lines; 10km is 2 hours.
- No pets allowed.
- Refreshment points 2-3km intervals along the route.
- Medical support and Tog bag facilities will be available.

## SUPPORTED BY



**GAUTENG PROVINCE**  
SPORT, ARTS, CULTURE AND RECREATION  
REPUBLIC OF SOUTH AFRICA

