



Run with your heart for your health



- 21,1 km
- 10 km
- 5 km



Castle Gate Shopping Centre, Pretoria East



Saturday, 1 February 2025



06h00

Scan or visit
intercare.co.za



- Athletics Gauteng North registered races.
- R10 per 5km fun run entry donated to CHOC.
- Additional parking available on-site.
- Medals to all finishers within cut-off times.
- Pre-entries close on 27 January 2025



Rules and general information

All athletes

- The time limits for all events will apply as stipulated under race information.
- All entrants must be amateurs as defined under ASA rules and according to the age restrictions stipulated in Race Information.
- Marshals and traffic officials must be obeyed at all times. Failure to comply with their instructions will lead to immediate disqualification.
- No seconding or vehicles on routes will be allowed.
- Sufficient refreshment stations will be provided on routes.
- All entrants will participate under the rules of AGN and ASA, and the athletes must familiarise themselves with the rules.
- Each athlete's responsibility is to ensure they are medically fit and healthy to participate in any events.
- The race committee reserves the right to accept or reject any entry. The judge's decision is final.
- Proof of age for prize winners must be presented to referees before prize giving. Prizes will be withheld until confirmed.
- Athletes must wear clearly visible official numeric age category ID tags and "W" tags for walkers on the front and back of the running vest.
- Regret that no mechanically operated device, blade, cyclist, pram, or wheelchair is permitted to participate in the 21.1km and 10km races.
- No animals are allowed in the races.
- No iPods or listening devices are allowed.
- Temporarily licensed athletes are eligible for open and category prizes provided the age category tag is clearly visible on the back and front of the running vest.
- Objections must be lodged in writing within 30 minutes, before or after the prize giving, to the chief referee, accompanied by R300.00, which is refundable if the appeal is upheld.
- Blatant running by walkers will lead to immediate disqualification. Walkers competing for the prize money should not cover their knees because it will lead to disqualification.

Rules and general information

Licensed athletes

- All entrants for the 10km and 21,1km events must have a valid 2024 license number, which must be worn on the front and back of the running vest. The race number issued by the organisers must be worn on the front of the running vest without obscuring the sponsor's details on the license number.

Unlicensed athletes

Unlicensed 21,1km and 10km athletes must purchase a temporary license number. Athletes must wear this number on the back of the running vest and the race number issued by the organisers on the front of the vest.

Chip timing

A timing chip will be attached to the front of the 21,1km and 10km race numbers which must not be removed or damaged. The timing chip must be visible when crossing the mats at the finish line. The entry form and race number information are linked to the timing chip.

NO CHIP, NO RESULTS

Prize giving & spot prizes

Prize giving will take place at the venue after the completion of all the races.

Results

Preliminary results are available within 48hrs at results.finishtime.co.za. Official results are available after five days at www.raceresults.co.za.

Tog bags

At owner's risk. Tog bag facilities are available at the venue.

Rules and general information

General

- The 21,1km and 10km routes are single-lap routes. Distance markers are displayed every km.
- Refreshment stations are approximately 3km apart. Dispose of cups and water sachets in the recycling bins at the refreshment stations.
- Medical support is provided along routes and at the venue.
- Fast foods and refreshments are on sale at the venue.
- Only official and accredited vehicles can park at the finish and the club sites. Please set up club gazebos on the Friday before race day. Security will be deployed at the venue.
- The entry fee is non-refundable.
- Toilet facilities will be available at the venue.

Venue

Castle Gate Shopping Centre
478 Koedoesnek Ave,
Waterkloof Ridge,
Pretoria, 0181

 Get Directions



Athletics
Gauteng North

Dry-fit race t-shirt
R175.00



Prizes

21,1km (male & female) prize money							
Position	Open	40-49 yrs	50-59 yrs	60-69 yrs	70-79 yrs	80 yrs+	Juniors
1st	R2000	R500	R400	R200	R200	R200	R200
2nd	R1500	R400	R300	N/A	N/A	N/A	N/A
3rd	R1000	R300	R200	N/A	N/A	N/A	N/A
4th	R500	N/A	N/A	N/A	N/A	N/A	N/A
5th	R400	N/A	N/A	N/A	N/A	N/A	N/A

10km (male & female) prize money							
Position	Open	40-49 yrs	50-59 yrs	60-69 yrs	70-79 yrs	80 yrs+	Juniors
1st	R500	R300	R200	R200	R200	R200	R200
2nd	R300	R200	R100	N/A	N/A	N/A	N/A
3rd	R200	N/A	N/A	N/A	N/A	N/A	N/A

Walkers (male & female) prize money		
Route	1st	2nd
21,1km	R300	R200
10km	R200	R100

	21.1km	10km	5km fun run
Gold medal Runners/Walker	All prize winners (male & female)	All prizes (male & female)	1st (male & female)
Silver medal Runners	Sub 90 minutes	Sub 45 minutes	N/A
Silver medal Walkers	Position 1-5 (male & female)	Position 1-5 (male & female)	N/A
Bronze medal	To all finishers within cut-off times.		

Trophies

Trophies to overall male and female runner/walker winners for the 21,1km and 10km routes.

General information

For more information:

- Online entries and results enquiries: Derrick@raceresults.co.za
- Event office and general enquiries: magnoliaroadrunners@gmail.com or call 063 218 6245 (Monday to Friday 09:00 - 16:00).

Times

Distance	Start Times	Cut-off Times	Minimum Age	Prize Giving
21,1km	06h00	3hrs	16yrs	09h00
10km	06h00	2hrs	14yrs	08h15
5km fun run	06h10	1hr	9yrs	08h15

Entry instructions

- Late entries will be accepted.
- Pre-entries close on 27 January 2025 and can only be done online.
- **Late entries will take place at the venue:**
 - Friday, 31 January: 15h00 to 18h00
 - Saturday, 1 February: 04h30 to 06h00

Entry fees

Distance	Pre-entry price (pp)	Late Entry Price (pp)
21,1km	R260,00	R280,00
21km (60-79 years)	R210,00	R230,00
10km	R160,00	R180,00
10 km (60 - 79 years)	R120,00	R140,00
5km fun run	R80,00	R100,00
All athletes 80 years +	Free	Free

Collection of race entries (Online entries)

Race numbers and temporary license numbers (if applicable) should be collected on the following days:

- Friday, 31 January: 15h00 to 18h00
- Saturday, 1 February: 04h30 to 06h00



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race