



verkruin
ATLETIEKKLUB



PROTON

**BEAST
RACE**



5KM | 15KM | 32KM

29 MARCH 2025

15KM & 32 KM 06:00 | 5KM FUN RUN 06:15

**HOËRSKOOL OVERKRUIJN
127 BRAAM PRETORIUS
STR
SINOVILLE**

15KM & 32 KM 06:00

ENTRY FEES:

5 KM R50

15KM R180

32KM R220

TEMPORARY LICENSE FEES: R70

SECURE SCHOOL PARKING R30



ENTER NOW!

1. Online entries: www.entryninja.com/events/80011-overkruin until 26 March 2025
Online entries can be collected on 28 & 29 March at Hoërskool Overkruin
School sport grounds Lapa
No Temp license is required for the 5km.
2. Run-A-Way sport, 302 Freesia str, Lynnwood, Pretoria (Tel: 012 361 3733) until 28 March 2025
3. Tshwane Running, shop 192 Vinko str, Sinoville, Pretoria (Tel: 076 929 7384) until 28 March 2025
4. Hoërskool Overkruin Lapa on main sport fields on 28 March 2025 from 15:00 - 18:00
5. On race day at Hoërskool Overkruin Lapa on main sport fields on 29 March 2025 from 04:30 - 06:00



ENTRIES CAPPED AT 2500

PRIZE GIVING

Prize giving will commence at 09:00 for the 15km and at 09:30 for the 32km

Please take note: Category winners who are not present at prize giving will have to collect their prizes and medals from Overkruin Athletics Club.

PRIZE MONEY

Open Winners	15km	32km	Category Winners	15km	32km
1st Open	R650	R1500	1st 40-49	R250	R300
2nd Open	R450	R1000	1st 50-59	R250	R300
3rd Open	R300	R750	1st 60-69	R250	R300
			1st 70-79	R250	R300
			1st 80+	R250	R300
			1st Junior	R250	N/A
			1st Walker	R250	N/A
			2nd Walker	R250	N/A

RULES

1. Club trailers and gazebo's will be allowed to park on Friday, 28 March 2025 from 15:00 - 19:00 or on race day from 04:00 - 05:00
2. All participants enter at their own risk and by their entry indemnify the organisers and sponsors of any liability or claim.
3. Registered athletes must wear the current year's license number front and back, if issued with a race number this must be worn on the front of vest.
4. Unlicensed Runners/Walkers must buy a Temporary license (R70) for 15km and 32km
5. All licensed athletes competing for category prizes must wear numeric category tags clearly visible front and back. Proof of age for prize winners may be required and to be presented to referees before prize giving. Prizes will be withheld until confirmed.
6. Walkers competing for prize money must wear WALKER/W tags on the front and back of their vest.
7. No seconding is allowed.
8. No blade, cyclist or mechanically operated device is allowed in the race.
9. No iPods or listening devices are allowed.
10. Minimum age: 5km – 9 yrs, 15km - 16yrs and 32km – 19yrs
11. Temporary licensed athletes are eligible for open and category prizes, provided they have the age category tag clearly visible back and front of vest.
12. All traffic officers and officials instructions to be obeyed.
13. Medical support will be present on race day.
14. Sorry, no pets allowed
15. Race numbers must not cover the logos on the license.
16. 32km 2nd lap cut off at 07:50 and cut off time for 32km is 4hr and 15km is 3hrs

ENQUIRIES

Rocky – 079 359 0970

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www.overkruinatletiekkclub.co.za

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Athletics
Gauteng North