

THE GREEN MILE ROAD RACE 2025

The Mile for Life

Distances:

- 1 - Miles
- 4 - Miles
- 8 - Miles
- 16 - Miles



SPORTPARK SPORTS COMPLEX
Cnr SPORT ROAD & KRUGER AVENUE
LYTTELTON MANOR, CENTURION



INCORPORATING THE ANNUAL
ATHLETICS GAUTENG NORTH
2025 AGN 1 MILE
(1,6KM) CHAMPIONSHIPS



SATURDAY
12 APRIL
2025



2025

RACE DISTANCES & CUT-OFF TIMES

PRE-ENTRY R230 /LATE ENTRY R250

16 MILE RUN

(25.76KM)

START TIME - 06 H 00

PRE-ENTRY R150 /LATE ENTRY R170

8 MILE RUN

(12.88 KM)

START TIME - 06 H 00

PRE-ENTRY R60 /LATE ENTRY R60

4 MILE RUN

(6.44KM)

START TIME - 06 H 15



PRE-ENTRY R40 /LATE ENTRY R40

1 MILE AGN CHAMPIONSHIPS RUN

(1.6 KM)

-STARTING TIMES-

06H30 - OPEN MEN & U/20 MEN
06H50 - BOYS 11-13 & BOYS 14-16

06H40 - OPEN WOMEN & U/20 WOMEN
07H00 - GIRLS 11-13 & GIRLS 14-16

RACE CUT-OFF: 10 H 00

PRICE GIVING

1 MILE: 7 H 30 4 MILE: 8 H 30

8 MILE: 9 H 00 16 MILE: 9 H 30

TEMPORARY NUMBERS

R70



RACE MEDAL OR A BEER TO THE 4, 8 & 16 MILE FINISHERS

- SPECIAL TROPHIES TO ALL CATEGORY WINNERS -

ONLINE ENTRIES - LATE ENTRIES AND ENTRY COLLECTIONS -

WILL BE AVAILABLE ON 11 APRIL 2025 AT THE VENUE FROM 14H00 UNTIL 19H00 AND ON RACE DAY FROM 04H30 TILL START OF RACE

CLOSING DATE
8 APRIL 2025

www.entryninja.com



GREEN MILE

PRIZE MONEY

16 MILE (MEN AND WOMAN)

| POSITION | WINNERS OPEN RUNNERS | JUNIORS | 40-49 YRS | 50-59 YRS | 60-69 YRS | 70 YRS (FREE ENTRY) |
|----------|----------------------|-------------|-------------|-------------|-------------|---------------------|
| 1ST | R500 Trophy | R200 Trophy | R200 Trophy | R200 Trophy | R200 Trophy | R200 Trophy |
| 2ND | R300 Trophy | NA | NA | NA | NA | NA |
| 3RD | R225 Trophy | NA | NA | NA | NA | NA |

8 MILE (MEN AND WOMAN)

| POSITION | WINNERS OPEN RUNNERS | JUNIORS | 40-49 YRS | 50-59 YRS | 60-69 YRS | 70 YRS (FREE ENTRY) |
|----------|----------------------|-------------|-----------|-----------|-----------|---------------------|
| 1ST | R400 Trophy | R150 Trophy | R150 | R150 | R150 | R150 |
| 2ND | R200 Trophy | R100 | NA | NA | NA | NA |
| 3RD | R150 Trophy | R50 | NA | NA | NA | NA |

4 MILE - FUN RUN

| POSITION | PRIZE |
|----------|-------|
| 1ST | R150 |
| 2ND | R150 |
| 3RD | R150 |

1 MILE - CHAMPIONSHIPS RUN

| POSITION - (MEN, WOMEN, BOYS & GIRLS) | PRIZE |
|---------------------------------------|-------|
| 1ST | |
| 2ND | |
| 3RD | |



The Mile for Life

2025



RACE RULES

1. THE RACE IS RUN IN ACCORDANCE WITH THE RULES OF ASA AND AGN. ATHLETES INDEMNIFY THE NATIONAL, PROVINCIAL AND REGIONAL BODIES, SPONSORS AND ORGANISERS OF THE RACE AGAINST ALL OR ANY ACTIONS OF WHATSOEVER NATURE: WHAT MAYBE ARISING OUT OF THEIR PARTICIPATION IN THE RACE. 2. REGISTERED ATHLETES, WHO MUST BE MEMBERS OF A CLUB AFFILIATED TO ASA TO WEAR THEIR CLUB COLOURS AND 2025 LICENCE NUMBER (FRONT AND BACK). 3. RACE NUMBER TO BE WORN ON THE FRONT OF THE VEST ON TOP OF THE PROVINCIAL ASA LICENCE NUMBER NOT CONCEALING "THE SPONSORS' LOGOS" AT THE TOP OF THE LICENCE. 4. MINIMUM AGE 9 YEARS (4 MILE), 14 YEARS (8 MILE) AND 16 YEARS (16 MILE). NUMERIC AGE CATEGORY ID TAGS TO BE WORN ON THE BACK AND FRONT OF THE VEST AND CLEARLY VISIBLE. PROOF OF AGE MUST BE PRODUCED ON REQUEST ON THE DAY. 5. PROOF OF AGE FOR PRIZE WINNERS MAY BE REQUIRED AND TO BE PRESENTED TO REFEREES BEFORE PRIZE-GIVING. PRIZES WILL BE WITHHELD UNTIL ALL NECESSARY DETAILS OF THE WINNERS ARE CONFIRMED. 6. TEMPORARY LICENSES CAN BE PURCHASED WITH ENTRIES ONLINE, OR ON RACE DAY. TEMPORARY LICENCED ATHLETES TO WEAR PLAIN CLOTHING WITH THE ISSUED TEMPORARY LICENCE NUMBERS ON THE BACK OF THEIR GARMENT. 7. WALKERS WELCOME FOR THE 8 AND 16 MILE. WALKERS TO COMPLY WITH INTERNATIONAL WALKING RULES. 8. WALKERS HAVE TO WEAR IDENTIFYING W'S CLEARLY VISIBLE BACK AND FRONT. 9. NO BLADES, CYCLISTS OR MECHANICALLY OPERATED DEVICES ARE ALLOWED IN THE RACE. 10. REGRETTABLY, NO ANIMALS WILL BE ALLOWED ON THE ROUTE OF THE RACE. 11. NO REFUNDS WILL BE ENTERTAINED. 12/13. FOREIGN ATHLETES MAY NOT RUN WITH A PROVINCIAL LICENSE UNLESS THEY ARE DOMICILED WITHIN THE REPUBLIC. ALL FOREIGN ATHLETES WILL BE REQUIRED TO PURCHASE A TEMPORARY LICENSE OR FACE DISQUALIFICATION. 14. FOREIGN ATHLETES ARE NOT ALLOWED TO RUN IN SOUTH AFRICAN CLUB COLOURS UNLESS SUCH CLUB EXISTS IN THEIR COUNTRY OF ORIGIN OR THEY ARE IN POSSESSION OF A REFUGEE STATUS PERMIT OR ARE NATURALIZED CITIZENS OF RSA. (REFER TO WA RULE 4). 15. WEARING HEADPHONES/EARPHONES IS PROHIBITED. 16. ATHLETES MAY NOT RUN WITH ANOTHER ATHLETES RACE NUMBER UNLESS BY PRIOR ARRANGEMENT WITH THE RACE ORGANISER. 17. THE RACE ORGANISER RETAINS THE RIGHT TO REFUSE ENTRY AND EJECT PERSONS UNDER THE INFLUENCE OF DRUGS OR ALCOHOL WHO ARE DISORDERLY OR ENGAGE IN INAPPROPRIATE BEHAVIOUR VANDALISM OR EVADE PAYING FOR ADMISSION. 18. LICENCED ATHLETES WHO DO NOT WEAR THEIR 2025 LICENCE NUMBERS MUST PURCHASE A TEMPORARY LICENCE OR FACE DISQUALIFICATION. RUNNERS PARTICIPATING WITHOUT BUYING A RACE NUMBER WILL ALSO FACE DISQUALIFIED AND WILL NOT BE ENTITLED TO ANY BENEFITS ASSOCIATED WITH THE RACE AND WILL BE LIABLE FOR A DOUBLE ENTRY FEE CHARGE. 19. HABITUAL OFFENDERS (THOSE WHO REGULARLY PARTICIPATE WITHOUT PURCHASING A RACE ENTRY) WILL BE CALLED TO A AGN DISCIPLINARY. 20. LICENCED ATHLETE'S NOT WEARING CLUB COLOURS MAY FACE DISQUALIFICATION. 21. OBJECTIONS MUST BE LODGED WITHIN 30 MINUTES BEFORE OR AFTER PRIZE-GIVING IN WRITING TO THE CHIEF REFEREE ACCOMPANIED BY R500, WHICH IS REFUNDABLE IF THE APPEAL IS UPHELD. 22. ATHLETES ARE ONLY ELIGIBLE FOR PRIZE MONEY FOR THE RACE THEY HAVE ENTERED. 23. ALL ATHLETES PARTICIPATE AT THEIR OWN RISK. ATHLETES ACKNOWLEDGE BY ENTERING THE EVENT THAT THEY ARE MEDICALLY FIT TO PARTICIPATE. ALL ATHLETES MUST SUPPLY THE NAME AND CONTACT NUMBER OF THEIR NEXT OF KIN ON BOTH THE RACE NUMBERS AND ENTRY FORM. 24. LITTERING IS NOT ALLOWED. ATHLETES ARE TO DISPOSE OF ANY LITTER IN APPROPRIATE BINS. ATHLETES CAN BE DISQUALIFIED IF THEY LITTER. 25. ELECTRONIC TIMING WILL BE DONE BY CHAMBERLAINS TIMEKEEPING IN PARTNERSHIP WITH FINISHTIME ON THE 4MILE, 8MILE AND 16MILE EVENTS. THE TIMING CHIPS WILL BE FIXED TO RACE NUMBERS. 26. TO ENSURE THAT YOU ARE ACCURATELY RECORDED IN THE RACE RESULTS IT IS IMPORTANT THAT YOU WEAR THE RACE NUMBER SUPPLIED WHICH IS ASSOCIATED WITH THE DETAILS YOU PROVIDED DURING THE ENTRY PROCESS. 27. NO CHIP. NO RESULTS.

THE GREEN MILE ROAD RACE 2025

The Mile for Life

EVENT ENQUIRIES

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- A mile with your family -



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