

25 KM RUN 06H00

TO KM
RUN/WALK
06H30

5 KM FUN RUN 07H00



First 1200 online entries for 10 KM and 25 KM will receive a T-shirt. Medal to ALL finishers. Enter online at www.eventtiming.co.za









# RACE \* INFORMATION

START AND FINISH Stella Sports Club, 175 Helen Joseph Road, Glenwood

# START TIMES

25 KM Run: 06H00 10 KM Run/Walk: 06H30 5 KM Fun Run: 07H00

### ENTRY FEES

25 KM Run: R220 (LATE ENTRIES R250) 10 KM Run/Walk: R160 (LATE ENTRIES R190)

5 KM Fun Run: R100

Participants Over 70: FREE ENTRY Temporary License 10 KM: R80 Temporary License 25 KM: R110

### NUMBER COLLECTION

17 May 2025: 10H00 - 16H00 18 May 2025: From 04H30

### ENTRIES

Enter online at www.eventtiming.co.za Entries open 20 February 2025 Online entries close 14 May 2025 Late entries: 17 May 2025 (10H00 - 16H00)

at Stella Athletics Club

# PRIZE MONEY

| 25 KM  |                          |                        |                                    |  |  |   | 10 KM —  |  |   |  |  |  |  |  |  |
|--------|--------------------------|------------------------|------------------------------------|--|--|---|--|--|---|--|--|--|--|--|--|
| Open   |                          | 30-39                  |                                    | 40-49  |  | 50-59   |  | 60+  |   | Run  |  | Walk   |  | Junior   |  |
| FEMALE | MALE                     | FEMALE                 | MALE                               | FEMALE                                       | MALE   | FEMALE  | MALE   | FEMALE   | MALE  | FEMALE   | MALE   | FEMALE   | MALE   | FEMALE   |  |
| R1500  | R500                     | R500                   | R500                               | R500   | R500   | R500  | R400   | R400   | R750  | R750   | R750   | R750   | R400   | R400   |  |
| R1000  |                          |                        |                                    |  |  |   |  |  | R500  | R500   | R500   | R500   | R300   | R300   |  |
| R750   |                          |                        |                                    |  |  |   |  |  | R350  | R350   | R350   | R350   | R200   | R200   |  |
|        | FEMALE<br>R1500<br>R1000 | FEMALE MALE R1500 R500 | FEMALE MALE FEMALE R1500 R500 R500 | FEMALE MALE FEMALE MALE R1500 R500 R500 R500 | FEMALE MALE FEMALE MALE FEMALE R1500 R500 R500 R500 R500 | FEMALE MALE FEMALE MALE FEMALE MALE R1500 R500 R500 R500 R500 | en         30-39         40-49         50-59           FEMALE         MALE         FEMALE         MALE         FEMALE           R1500         R500         R500         R500         R500         R500           R1000         R500         R500         R500         R500 | FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE R1500 R500 R500 R500 R500 R500 R500 R400 | en         30-39         40-49         50-59         60+           FEMALE         MALE         FEMALE         MALE         FEMALE         MALE         FEMALE         MALE         FEMALE         MALE         FEMALE         REMALE         REMALE </td <td>en         30-39         40-49         50-59         60+         R           FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE RI500         R500         R500</td> <td>Gen     30-39     40-49     50-59     60+     Run       FEMALE     MALE     FEMALE</td> <td>en         30-39         40-49         50-59         60+         Run         W           FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE RISOO RSOO RSOO RSOO RSOO RSOO RSOO RSO</td> <td>FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE FEMALE R1500 R500 R500 R500 R500 R500 R500 R50</td> <td>FEMALE MALE FEMALE MALE FEMALE</td> | en         30-39         40-49         50-59         60+         R           FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE RI500         R500         R500 | Gen     30-39     40-49     50-59     60+     Run       FEMALE     MALE     FEMALE | en         30-39         40-49         50-59         60+         Run         W           FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE RISOO RSOO RSOO RSOO RSOO RSOO RSOO RSO | FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE FEMALE MALE FEMALE R1500 R500 R500 R500 R500 R500 R500 R50 | FEMALE MALE FEMALE |  |

## RACE RULES AND INFORMATION

- The race will be run in accordance with the rules of WA, ASA and KZNA
- All foreign athletes must comply with the WA CR 1.7, TR 4.1, TR 4.2 and ASA rule
   9.
- Refreshments will be provided along the route and no personal seconding will be permitted.
- Runners and walkers to obey marshalls, traffic and technical officials.
- Age restriction 25KM Participants must be 19 years and older on race day.
- Age restriction 10KM Participants must be 14 years and older on race day.

- 5 KM Fun Run Participants under 12 must be accompanied by an adult.
- Proof of age will be required for age category winners.
- ASA/KZNA approved age category tags and walker tags must be worn on the top front and back of vest/crop top, to be eligible for prizes and must produce proof of age on race day.
- ASA license numbers:
  Organisers/athletes may NOT replace
  ASA license numbers with
  competition/race numbers/stickers
  under any circumstances. Where a
  competition/race Number is used, it
  must be placed so that the ASA license
- Sponsor and the ASA Province/Year remains visible above the competition/race number. The license numerals may be covered. Athletes who fail to adhere to this rule may be disqualified (Refer to ASA Rule 26.1.8).
- Temporary licenses: Temporary licensed athletes are not covered by national insurance policy (Refer to ASA Rule 25.6.15)
- Unregistered athletes running with temporary licenses must run in neutral colours and adhere to WA and ASA rules.
- Holders of temporary licenses will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13.



