



Saldanha Bay

21KM & 10KM

Health Run 2025

Saturday 14 June, 2025 - 8am

Saldanha Bay Military Area SAS Saldanha, Saldanha Bay harbor

Enter at www.topevents.co.za and stand a chance to win a weekend getaway for 2!

**For enquiries please contact Top Events on 066 139 4210 or info@topevents.co.za
Please note that this is a online entry event only. Entries will close on the 1st June 2025
Event T-shirts will be sold online for R280.00**



Saldanha Bay 21km & 10km Health Run Saturday 14th June 2025

Venue: Saldanha Bay Military Area SAS Saldanha – Saldanha Bay Harbor.

Start times: 21.1km: 8:00 // 10km: 8:30 // 5km: 8:45.

Cut off for all distances is at 11h30.

Distance: 21.1km Licenced: R220.00 Unlicenced: R315.00

10km Senior Licenced: R140.00 Unlicenced: R205.00

10km Junior Licenced: R140.00 Unlicenced: R205.00

5km Fun Run/Walk R70.00

This event is held under the rules and regulations of ASA and Boland Athletics.

EVENT INFO:

- ENTRY FEES ARE NON REFUNDABLE.
- NO ENTRIES WILL BE TAKEN ON RACE DAY for the 21.1km, 10km.
- 5KM ENTRIES WILL BE TAKEN ON RACE DAY AT THE VENUE
- NO upgrades, downgrades or substitutions will be allowed after the closing date – 1ST June 2025

NUMBER COLLECTION:

Number collection will take place on Saturday, 7th June from 10:00 – 17:00 at the following Sportsmans Warehouse Stores:

- Sportsmans Warehouse Rondebosch
- Sportsmans Warehouse Tyger Valley
- Sportsmans Warehouse West Coast

As well as on Friday 13th June 2025 at Franks Hardware Garden shop in Saldanha from 16:30 to 19:00.

NO NUMBER COLLECTION WILL TAKE PLACE ON RACE DAY.

CONFIRMATION OF ENTRY:

1. You will receive a confirmation email (if an email address is provided by you.)
2. The day before number collection you will receive a sms indicating your race number and number collection venue you selected on your entry form.
3. Please bring proof of your entry, email confirmation or sms confirmation with you to number collection at the venue you selected on your online entry form.

TIMING AND RESULTS:

1. The results will be produced on race day by the official chip timing system.
2. Your timing chip will be placed on your race number. The race number must be worn on the front of your vest and visible at the finish line. There is a foam strip on the back of the race number. Please do not remove the timing chip and foam strip from the race number – doing so will result in NO finish time. For safety and timing purposes, ONLY the person assigned to this race number may use it. No swopping of race numbers as the race number is linked to your name and finishing time and may result in your disqualification.

RACE RULES:

1. Saldanha Bay Health Run 2025 is run in accordance with the rules of ASA and Boland Athletics.
2. The Saldanha Bay Health Run 2025 21.1km and 10km is open to all licenced and non-licenced runners of 14 years and older for the 10km and 16 years and older for the 21.1km.
3. Licenced runners should wear club colours. Official event race number to be worn on the front. Registered athletes must wear their ASA licenses on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA license, so that the ASA license sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary license on the back.
4. Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
5. Unlicenced runners must wear plain clothes (no advertising permitted). Official event race number to be worn on the front and the temporary license number on the back.
6. Personal seconding is not permitted except at official refreshment stations. Private vehicles are requested not to follow the athletes on the route.
7. In addition to overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their club vest. Participants may enter the age category corresponding to their chronological age or any younger category up to senior.

8. Proof of age is required for category prizes.
9. Juniors wearing a junior or a senior license must wear an age category tag to qualify for age group prizes.
10. Each race distance has a different race number range and colour with your data captured electronically. Do not transfer between races without notifying the race organisers.
11. When entering, please note that an administration fee is charged
12. All traffic officers and marshals must be obeyed.
13. The race organisers reserve the right to accept or reject any entry.
14. Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. The athletes must be able to produce the letter from his/her federation permitting participation on race day.
15. Kilometre markers will be placed at each kilometre mark.
16. Refreshment stations will be situated approximately every 3 - 4km along the route.
17. Medals will be handed to all finishers.
18. We reserve the right to limit the number of entries accepted.
19. Toilets will be available at the start and finish.
20. Prize giving will take place at 10h30.
21. Results will be available at www.results.fishtime.co.za
22. The use of music players with headphones is not allowed and may result in disqualification.
23. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the Finish. Report offenders to the referees.
24. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
25. The club house and school toilets will be closed on race day, please make use of the portable toilets provided.
26. No ambush marketing.
27. There will be a tog bag facility for use at athlete's own risk in the school hall. Cell phones, money & jewellery are not to be left in tog bags. No bag tag, no bag. Tog bags must be collected by 11:00.
28. There are no shower facilities at the venue.

PRIZE GIVING AND PRIZES:

1. Prize giving: Only category winners will receive their prizes on race day.
2. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter.
3. Corresponding numerical age category tags must be worn on the front and back of their Club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
4. Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
5. There are NO team prizes.

		21km	10km
Open Men & Women	1st	R1 000	R 750
	2nd	R 750	R 500
	3rd	R 500	R 250
40 - 49 Men & Women	1st	R 250	R 150
	2nd	R 150	R 100
	3rd	R 100	R 50
50 - 59 Men & Women	1st	R 250	R 150
	2nd	R 150	R 100
	3rd	R 100	R 50
60 - 69 Men & Women	1st	R 250	R 150
	2nd	R 150	R 100
	3rd	R 100	R 50
70+ Men & Women	1st	R 250	R 150
	2nd	R 150	R 100
	3rd	R 100	R 50
Juniors Men & Women	1st		R 250
	2nd		R 200
	3rd		R 150