


10KM ITHEMBA CHALLENGE

AND 5KM FUN RUN STARTING TIME 07:15AM

Entry Fee

Online entries closed on 27th November 2024

Go to  <https://www.eventtiming.info/entryonline.php?id=1380>



Start at :
Kings
Park



30 November 2024
Saturday
Start at 07h00AM

10km : R200 (Late entry R220)

5KM : R150

Category 70 + free entry

Medals to all finishers in 10km and 5km fun run

Temporary Licence: R60

First 500 Entries get T-shirt

Friday - 12pm to 17h00

Saturday - 5h30 to 6h30am



CONTACT US

SIBUSISO : 083 776 0795

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START AT KINGS PARK



KWAZULU NATAL ATHLETICS

10KM ITHEMBA CHALLENGE AND 5KM FUN RUN STARTING TIME 07:15AM

RACE RULES & INFORMATION

- Race will be run in accordance with rules of WA, ASA & KZNA and all participants to be abide by these rule
- All foreign athletic must comply with WA Competition rule 1.7, TR4.1, TR4.2 and ASA rule 9.
- Refreshment will be provided along the route and no personal seconding will be permitted.
- Runners & walkers to obey all marshalls, traffic and technical officials.
- Age restriction : 10km-participants must be 14 years and older on raceday / 5km- participants must be 9 years and older on race day.
- ASA/KZNA approved age category tag and walker tags must be worn on top of front and back vest/ crop top to be eligible for age category prizes.
- Prize giving : 10km 9h00

- ASA licence number : organiser/athletes may not replace ASA licence number with competition/ race number/ sticker under any circumstances. Where a Competition/race number is used, it must be placed on that the ASA licence sponsor and the ASA province / year remain visible above the competition / race number. The licence numerals may be covered. Athletes who fail to adhere to this rule may be disqualified.
- Temporary Licences : Temporary licenced athletes are not covered by National Insurance Policy. Refer to ASA rule 25.6.15.
- Unregistered athletes running with Temporary licences must run in neutral colours and adhere to WA and ASA advertising rules.
- Holders of temporary licences will be eligible for individual prizes and may claim age category prize in keeping with WA and ASA rule 25.6.13
- Junior athletes, 19 years and younger on 31 December 2024 in the year of the competition, must wear 'J' on the upper front and back of the vest / crop top in order to be eligible for prize and must provide proof of age on race day

PRIZES

PRICE MONEY	10km Run (Male / Female)				
	OPEN	40-49	50-59	60+	Junior
1st	R1 500	R700	R700	R700	R1 000
2nd	R1 000	R400	R400	R400	R700
3rd	R700	-	-	-	R500

INDEMNITY

I am medically fit to run and fully understand that I enter at my own risk. I accept that the organizers, their sponsors, hosts and officials cannot be held responsible for any loss or injury during or as a result of the event, or for any loss or damage to property on the course. These events are run in accordance with the rules of the WA, Athletics South Africa and KwaZulu Natal Athletics. All foreign athletes must comply with WA rules CR 17, TR4.1 and TR 4.2 together with ASA rules 9. If I am competing with a temporary licence I am NOT covered by ASA athlete medical insurance policy.

ENTRY FORM

SURNAME: _____ FIRST NAME: _____
 ID NO: _____ AGE ON RACE DAY: _____
 CELL NO: _____ CLUB: _____
 2024 LICENCE NO: _____ PROVINCE: _____
 EVENT: _____ 10KM 5KM
 EMAIL ADDRESS: _____
 GENDER: MALE FEMALE
 EMERGENCY CONTACT: NAME: _____ CELL NO: _____
 T-SHIRT
 SIZE: _____ AMOUNT PAID: _____

PAYMENT INFORMATION

RUNNERS MAY PAY THEIR ENTRY FEE KH BRADFIELD DIRECT DEPOSIT INTO A CAPITEC BANK AND USE ID NUMBER AS REFERENCE.

BANK: CAPITEC
BRANCH: PAVILLION
ACCOUNT NUMBER: 154 376 4345
BRANCH CODE: 470010
ACCOUNT HOLDER: EVENT TIMING (KH BRADFIELD@082 556 4966)
ACCOUNT TYPE: SAVINGS

PLEASE WRITE YOUR ID NUMBER ON THE SLIP & ATTACH THIS TO THE ENTRY TO
 061 505 1416



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