

# GARSFONTEIN ICE BREAKER

## AGN League Race



21.1KM  
10KM  
5KM  
**NEW 1KM**

*Comrades Comeback race - 1st race after Comrades*

# 5 JULY 2025

## GARSFONTEIN PRIMARY SCHOOL

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	PRIZE GIVING	CUT OFF	LATE ENTRIES	VITALITY POINTS
21.1KM	R230	07:00	16 YEARS	09:00	10:30	R250	1500
10KM	R150	07:00	14 YEARS	08:30	10:30	R170	600
5KM	R70	07:15	9 YEARS	NONE	10:30	R80	FUN RUN
1KM	R50	07:20	-	NONE	08:00	R50	NONE

**THESE ENTRY FEES EXCLUDE SERVICE CHARGES**

TEMPORARY LICENSE REQUIRED FOR NON REGISTERED ATHLETES ON THE 21.1KM & 10KM: R70  
70+ ATHLETES: FREE (**PLEASE NOTE** - NO PRIZE MONEY WILL BE GIVEN FOR 70+ AGE CATEGORIES)

**ONLINE ENTRIES FROM 30 APRIL 2025 - [WWW.ENTRYNINJA.COM](http://WWW.ENTRYNINJA.COM) (UNTIL 1 JULY 2025 MIDNIGHT)**

### MANUAL ENTRIES

• RUN-A-WAY SPORT (302 FREESIA ST, LYNNWOOD RIDGE)

FROM 31 MAY TO 1 JULY (PLEASE CHECK WITH SHOP FOR OPERATING HOURS)

### LATE ENTRIES AND RACE NUMBER COLLECTION

• AT THE VENUE (GARSFONTEIN PRIMARY SCHOOL - PETRONELLA STR. ENTRANCE)

4 JULY FROM 14:00 UNTIL 17:30

• AT THE VENUE (GARSFONTEIN PRIMARY SCHOOL - PETRONELLA STR. ENTRANCE)

RACE DAY FROM 05:30

SCAN HERE  
FOR EASY  
ENTRY



# PRIZE MONEY

## Male & Female

POSITION	OPEN	JUNIOR	40-49	50-59	60-69
21.1KM RUN					
FIRST	R1000	R500	R300	R300	R300
SECOND	R700	-	-	-	-
THIRD	R500	-	-	-	-
10KM RUN					
FIRST	R700	R300	R200	R200	R200
SECOND	R400	-	-	-	-
THIRD	R200	-	-	-	-
21KM WALK			10KM WALK		
FIRST	SECOND	THIRD	FIRST	SECOND	THIRD
R400	R300	R200	R300	R200	R100

*Exciting NEW edition to the Ice Breaker! Get your pair of socks for only R100*



SCAN HERE  
FOR THE  
ROUTE MAP



### RULES AND ADDITIONAL INFORMATION

THE RACE IS RUN IN ACCORDANCE WITH THE RULES OF ASA AND AGN.

1. ATHLETES WHO DO NOT ADHERE TO THE RULES, WILL BE DISQUALIFIED.

2. LICENSED ATHLETES MUST WEAR 2025 LICENSES AT THE BACK AND IN FRONT OF THEIR VESTS, TEMPORARY LICENSES MUST BE WORN AT THE BACK OF VEST.

3. RACE NUMBERS MUST BE WORN IN FRONT OF THE VEST AND SHOULD NOT COVER THE LOGOS OF THE LICENSE NUMBER.

4. WALKERS COMPETING FOR PRIZE MONEY MUST WEAR W TAGS ON THE FRONT AND BACK OF THEIR VEST.

5. AN ATHLETE CAN QUALIFY FOR PRIZE MONEY IN THE OPEN CATEGORY AS WELL AS THE AGE CATEGORY THAT HE/SHE ENTERED FOR.

6. AGE CATEGORY TAGS MUST BE WORN IN FRONT AND AT THE BACK OF VEST BY ATHLETES COMPETING FOR CATEGORY PRIZES.

7. PLEASE OBEY ALL MARSHALS, TRAFFIC AUTHORITIES AND TRAFFIC RULES.

8. NO SECONDS, CYCLISTS, PETS OR ROLLER BLADES ALLOWED. NO IPODS OR LISTENING DEVICES.

9. ALL ATHLETES PARTICIPATE SOLELY AT THEIR OWN RISK AND THE ORGANIZERS AND SPONSORS WILL NOT BE HELD RESPONSIBLE FOR ANY INJURY, ILLNESS, ACCIDENTS OR THEFT OCCURRING DURING OR AS A RESULT OF THE RACE.

10. INTERNATIONAL FOREIGN ATHLETES WILL BE ALLOCATED A TEMPORARY LICENSE NUMBER, PURCHASED BY THE ATHLETE, AND MUST PRODUCE CLEARANCE FROM THEIR MEMBER FEDERATION IF THEY ARE CONTENDERS FOR PRIZES.

CLUB GAZEBO'S WELCOME | DUSTBINS AT WATER POINTS | REFRESHMENT STATION +/- EVERY 3KM | MEDICAL SERVICES WILL BE PROVIDED  
REFRESHMENTS WILL BE ON SALE AT THE VENUE | TOG BAG AREA WILL BE AVAILABLE | PARKING IN STREETS SURROUNDING THE SCHOOL - SECURITY  
GUARDS WILL BE ON-SITE | PLEASE ARRIVE EARLY TO AVOID TRAFFIC CONGESTION  
NO LITTERING ALONG THE ROUTE PLEASE #RUNCLEAN | RACE RESULTS AVAILABLE ON RESULTS.FINISHTIME.CO.ZA

• Paul Kirby - 082 200 4219 • Office - 012 361 3618

• Wingate Road Runners - 072 864 2908

RACE ORGANIZED BY DUTCH REFORMED CHURCH  
GARSFONTEIN & WINGATE ROAD RUNNERS.  
ALL PROCEEDS FROM THE RACE WILL BE USED  
FOR CHARITY OUTREACHES BY THE CHURCH



SCAN HERE  
FOR MORE INFO  
ON OUR CHARITIES