











HOWICK 10KMRACE

EARLY ENTRIES: R170 | LATE ENTRIES: R200 | TEMPORARY LICENCE: R70

ONLINE ENTRIES CLOSING: 02 JULY 2025
SATURDAY: 05 JULY 2025 LATE ENTRIES

RACE STARTS: 07H00 AM

MPOPHOMENI SHOPPING MALL

















HOWICK 10KMRACE

NO CASH AT PRIZE GIVING, WINNERS WILL LEAVE THEIR BANK DETAILS

| PERSONAL DETAILS | FIRST NAME SURNAME DATE OF BIRTH AGE GENDER M F ID NUMBER |
|------------------|---|
| RUNNING DETAILS | CLUB NAME LICENCE NO PROVINCE |
| CONTACT DETAILS | EMAIL CELL NO |
| EVENT DETAILS | ENTRY FEE R170 TEMP LICENCE R70 LATE ENTRY FEE R200 |
| | TOTAL AMOUNT PAYABLE |
| INDEMNITY | I am medically fit to compete and fully understand that I enter at my own risk and the organisers and their sponsors will not be held responsible for any loss or injury during or as a result of the event. I agree to comply with the rules of the World Athletics, Athletics South Africa and KwaZulu-Natal Athletics for my participation in this event. If i am competing with a temporary licence, I am not covered by the ASA Athletic Medical Insurance Policy. |
| | SIGNATURE DATE/ / |

GENERAL RACE INFORMATION

- 1. All Traffic Officials, Technical officials and marshalls must be obeyed.
- 2. The race number contains a chip and must under no circumstance be folded.
- 3. Timing will be done from gun to mat.
- 4. Licensed Athletes must be members of a club and must be affiliated to ASA, and should wear club colours. The race is run in accordance with and subject to WA,ASA and KZNA Rules
- 5. All foreign athletes must abide by WA RULES CR1.7, TR4.1 & TR4.2 together with ASA Rule 9.
- 6.2025 Provincial license numbers must be worn at the front and back of vest/crop top, Proof of age catergory winners. KZNA approved age catergory tags must be worn at the front and back of vest/crop top and must be clearly visible.

YOUR ENTRY FEE WILL NOT BE REFUNDED IF YOU DO NOT PARTICIPATE

- Water tables provided giving out water sachets to runners. Strictly no seconding & spectators allowed on route.
- 8. There will be no interaction whatsoever between managers, coaches or any other person and the athletes. Coaches will not be allowed on the route. Any contravention will result in disqualification of the athletes.
- 9. Athletes must at least be 14 years or older to participate on the 10km race
- 10. Unregistered athletes running with Temporary licenses must run in Neutral colours and adhere to WA & ASA Advertising Regulations. Holders of Temporary licenses will be eligible for individual prizes and claim age category prizes in keeping with WA & ASA Rules.
- 11. The cut off time for the 10km is 2 hours (9:00 am).
- 12. Junior Athletes must be 19 of Age on the 31 December 2025.
 Junior athletes, must wear a "J" on the upper front & back of the vest/crop top in order to be eligible for prizes & must provide proof of age on race day.
- 13. Full result will be available on www.finishtime.co.za

ENTRIES

- 14. Early bird entries online using www.webtickets.co.za
- 15. Or alternatively enter at any Pick n Pay Store or Boxer Store.
- 16. Online Entries Closing on 02 July 2025
- 17. Late Entries Manual only Saturday 05 July 2025
- Temporary Licences: Temporary licensed athletes are not covered by national insurance policy. Refer to ASA Rule 25.6.15

RACE NUMBER COLLECTION

19. Race number collection day, SATURDAY 05 JUL 2025. @Howick West Indoor Sport Stadium between 10:00 - 17:00. NO TOG BAGS FACILITY. NO COLLECTION ON RACE DAY

IMPORTANT INFORMATION

- RACE STARTS AT 07:00 AM MPOPHOMENI MALL,
- FINISH HOWICK WEST STADIUM. CUT OFF TIME 2:00 HOURS 9:00 AM
- ANYONE NEEDING TRANSPORT TO START MUST REQUEST ON ENTRY
- LIMITED TO 700 RUNNERS ON THE DAY 700 RUNNERS WILL RECIEVE A T-SHIRT
- CLOSING DATE 02 JULY 2025 EARLY ENTRIES
- LATE ENTRIES 05 JULY 2025 @ HOWICK WEST STADIUM FROM 10:00 17:00
- ASA LICENCE NUMBERS: Organisers/Athletes may NOT replace ASA licence numbers with Competition / Race Numbers/Stickers under any circumstances.

| PRIZE MONEY | | | |
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| GENDER | MALE | FEMALE | |
|] st 2 nd 3 rd | R 2500 R 1500 R 1000 | R 2500 R 1500 R 1000 | |
| AGE | MALE | FEMALE | |
| 1st 40 - 49 2nd 40 - 49 1st 50 - 59 2nd 50 - 59 1st 60 + 2nd 60 + | R 300 R 200 R 300 R 200 R 300 R 200 | R 300 R 200 R 300 R 200 R 300 R 200 | |
| JUNIOR | BOYS | GIRLS | |
| 1 st 2 nd 3 rd | R 600 R 400 R 200 | R 600 R 400 R 200 | |