

03 AUGUST 2025



PRIZE MONEY

SENIORS: MALE & FEMALE 1st: R4000 | 2nd: 3000 | 3rd: R2000

VETERANS: MALE & FEMALE 1st: R1000 | 2nd: R500

MASTERS: MALE & FEMALE 1st: R1000 | 2nd: R500

GRAND MASTERS: MALE & FEMALE 1st: R500 | 2nd: R250

JUNIORS: Male and Female Strictly Gift Vouchers worth 1st: R1000 | 2nd: R500 | 3rd: R250 **VENUE:** UJ Soweto Campus

RACE START TIMES: 07:00 - 10km 07:15 - 5km Fun run



FREE T-SHIRT & GOODIE BAG FOR EARLY BIRDS ENTRY

Enter online: www.peaktiming.co.za **More info**: Rio 082 907 7943 or

Bheki 082 466 2213

Email: Info@sowetocabal.co.za







ENTRY FORM

LIVIIII I QIIIVI					
Event Entering: (Please tick)	10km□	5km		Race Number	Temp. Licence No.
Surname			Initials		. 🗆 🗆
First Name			」Gender Male∟」 Date of	Female Age on Race	day LLL Year
Age Category J OPEN 40-49 50-59	60-69 70+]			
Tel.	Mobile 🗌				
Email					
Postal Address				Post	al Code
Do you belong to a running club?	No If	yes, complet	e the following:		
Athletics club name					
Provincial License No.	rovince				

ENTRY FEES (Tick the applicable race entry) NO CHEQUES ACCEPTED

ENTRY FEE

DISTANCE	FEE	
10km	R150	
5km	R100	

TEMPORARY LICENSE

DISTANCE	FEE	
10km	R60	
NO TEMPORARY LICENSE FOR		

FOR OFFICIALS USE ONLY

Signature	Signature of Parent or	Date
	Guardian (if still a minor)	

Race Rules

- 1. The event is held under the rules of CGA and ASA, and any regulations of the race.
- 2. All participants do so at their own risk, and that they acknowledge by entering the event that they are medically fit to do so.
- 3. Licensed athlets must wear club colours and their valid licence number back and front, on the upper body of the vest or backpacks and the issued race number worn in front of the vest without covering the sponsors name.
- 4. 2025 Licensed athletes not wearing club colours will be disqualified should they win the race or qualified for prizes.
- 5. Temporary licensed athletes must wear plain vest/shirt and the issued temporary license at the back of their vest, and race number in front.
- 6. Athletes competing for category prizes must wear visible age tags on the front and back of their running vest.
- 7. Foreign athletes (International) are not allowed to run with ASA provincial license, and are required to purchase a temporary license or face discalification.
- 8. Foreign athletes (International) are not allowed to run in club colours, unless such club exists in their country of origin or they are in possession of a refugee status permit or are naturalized citizens of RSA.
- 8. Minimum age for 5kms (Fun Run) is 9 years old and 16 years old for the 10kms Race.
- Medals will be handed out to all participants.
- 10. Prize giving will be done at 09h00am at the finish point.
- 11. Proof of age for category prize winners is required and must be presented to the chief referee.
- 12. No blades, cyclists or mechanically operated devices will be allowed in the race. Only athletes with impairments (wheelchair, blind or deaf) may register and notify the race organizer. All such participants must start at the back of the field.
- 13. No animals/pets are allowed to participate.
- 14. All instructions from traffic officers, marshals and race officials must be obeyed at all times.
- 15. No refunds In the event the race has to be postponed/cancelled for reasons beyond the race organizers control, 50% entry fee will be retained for the next date or race.
- 15. No earphones contravention of this rule may lead to disqualfication.
- 16. Club gazebos are allowed.
- 17. Parking will be available at the venue. Marshals will be clearly identifiable, please adhere to their guidance to ensure a smooth flow of traffic and parking at the designated areas.