



**SUNDAY
14 SEPT 2025**

**ENTRY
R180**

ASTRON ENERGY SOLE DESTROYER 21km - 6.30am

Starts in Smithfield Street, Cambridge, near the Highgate Hotel
& finishes at Oxford Striders, Beach Rd, Nahoon

LONG SLEEVE T-SHIRTS - FIRST 500 ENTRIES

MEDALS - FIRST 400 FINISHERS

TEMP LICENCE R60

TIMING CHIP - R50 (if you don't own a Striders Chip)

ASTRON ENERGY SOLE TEASER 10km - 7.00am

**ENTRY
R140**

Starts & finishes at Oxford Striders, Beach Rd, Nahoon

SHORT SLEEVE T-SHIRTS - FIRST 150 ENTRIES

TEMP LICENCE R50

TIMING CHIP - R50 (if you don't own a Striders Chip)

Enter Online:

<https://oxfordstriders.co.za/SoleDestroyer2025.php>

Online entries close on 8 September 2025

Manual ENTRIES AT Oxford Striders

Wednesday 10 Sept 17h00-19h00

Thursday 11 Sept & Friday 12 Sept 17h00-19h00

Saturday 13 Sept from 10h00-12h00

ENQUIRIES INFO

TANZI 083 978 8817

MARITZA 072 484 0714

Email: entries@oxfordstriders.co.za



Don't Let It Break You...

PARTICIPANTS DETAILS

TIMING CHIP No.	ONLY COMPLETE IF YOU OWN AN OXFORD STRIDERS TIMING CHIP							NATIONALITY				
WHICH RACE?	10KM ✓			21KM ✓				ATHLETIC CLUB				
FIRST NAME								CLUB LICENCE NO.				
SURNAME								TEMP NO.				
DATE OF BIRTH	Y Y Y Y / M M / D D							EMAIL				
GENDER	MALE ✓			FEMALE ✓				CELL NUMBER				
CATEGORY	JNR	SENIOR	35+	40+	50+	60+	70+	ID NUMBER			AGE	

PLEASE INDICATE YOUR PREFERRED T SHIRT SIZE

S M L XL XXL

ALLOCATION OF T-SHIRT SIZES ON A FIRST COME FIRST SERVED BASIS

SPECIAL AGREEMENT INDEMNITY (PARTICIPATION IN THIS EVENT IS AT YOUR OWN RISK)

***The Organisers (Athletics South Africa, Border Athletics, Oxford Striders Athletics Club and any other entity or persons assisting with the organisation of the Astron Energy Sole Teaser and Astron Energy Sole Destroyer, **The Sponsor (Eyona Energy)**

I agree not to hold The Organisers* and/or The Sponsor** liable for any injury, illness, death, damage to and/or loss of property which I may suffer directly or indirectly as a result of my participation in the Astron Energy Sole Teaser and Astron Energy Sole Destroyer Race. I confirm that this indemnity is entered into for the benefit of The Organisers* and/or The Sponsor** as defined above. I agree to allow The Organisers* and/or The Sponsor** to use my email address to communicate with me and that any photographs taken may be used for promotional purposes. I consent to the Organisers* processing my Personal Information as defined in the Protection of Personal Information Act, 4 of 2013, our Privacy Policy and details of our Information Officer is available on our website: www.oxfordstriders.co.za

Signature of Entrant
(If the entrant is under the age of 18 years, the signature of the parent or guardian is also required)

Signature of Parent or Guardian

PRIZE MONEY	21KM			10KM		
Prize Category	1st	2nd	3rd	1st	2nd	3rd
Runners - Men & Women Open	R2500	R1500	R1000	R600	R400	R300
Runners - Men & Women 35+;40+;50+;60+;70+	R500	R300	R200	R200	100	
Runners - Junior Men & Women	R500	R300	R200	R200	100	
Runners - King & Queen of the Mountain *	R500					

* Awarded to the first athlete to reach the top of Heart Break Hill provided the athlete completes the race with a top 10 finish

PRIZE WINNERS ARE REQUESTED TO ACKNOWLEDGE THE SPONSOR BY BEING PRESENT AT PRIZE GIVING

REGISTRATION INFORMATION		
DATES	TIMES	VENUE
1 August to 8 September 2025	Online Entries	https://oxfordstriders.co.za/SoleDestroyer2025.php
Wednesday 10 September 2025	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Thursday 11 September 2025	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Friday 12 September 2025	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Saturday 13 September 2025	10h00 to 12h00	Oxford Striders Clubhouse, Nahoon
NO ENTRIES WILL BE TAKEN ON THE MORNING OF THE RACE OUT OF TOWN RUNNERS PLEASE CONTACT US SO WE CAN ASSIST YOU		

ENTRY FEE AND TEMPORARY LICENSE FEE	21KM	10KM
Entry fee	R180	R140
Temporary License Fee *	R60	R50
Minimum Age for Participation	16 Years	14 Years

*** UNLICENSED ATHLETES ARE REQUIRED TO PURCHASE A TEMPORARY LICENSE NUMBER**

RACE INSTRUCTIONS

This event is run under the rules and regulations of Athletics South Africa and Border Athletics.

Athletes must wear their Club License No/Temporary No on the front of their running Vest. The second club License must be worn on the back of the vest.

License numbers must be visible at all times during the race.

Age flashes must be worn on the upper front and back of the vest or crop top to qualify for age category prizes.

Littering along the route will result in disqualification. Athletes must use the bins provided at the refreshment points.

Refreshment Stations will be provided at approximately 3km intervals.

NO SECONDING VEHICLES WILL BE ALLOWED ON THE GRAVEL SECTION OF THE SOLE DESTROYER ROUTE.

The Shoe Timing Chip must be affixed to the athletes shoe. Placing it elsewhere may result in your finish time not being recorded.

Prize Giving will take place at 10h30 or as soon as possible thereafter. Athletes present at prize giving will be eligible for lucky draw prizes.

ATHLETE SAFETY

Athletes are responsible for their own safety during the event. The event is run on public roads and athletes must give way to vehicles at all times. If you make use of prescribed medication for the control of medical conditions such as Diabetes, Asthma, Epilepsy or Allergic Reaction etc then you must carry your prescribed medication with you during the event.

Medical response personnel will be on duty on the event course and at the finish. Race Marshals and Refreshment Station personnel will assist athletes to communicate with Medical Response if required.

Traffic officials and Race Marshals will be on the Route to assist with the safe passage of Athletes and failure to follow their direction may lead to your disqualification. Athletes must run no more than two abreast and on the right side of the road facing oncoming traffic unless the Traffic Officials instruct you to do otherwise.

The use of boom boxes, ear phones or head phones during the race is a contravention of ASA rules and will result in your disqualification.

ASTRON ENERGY LITTLE SOLE 5km - 14H00

ENTRY
R65

- Starts & Finishes at Oxford Striders, Beach Rd, Nahoon
- MEDALS FOR ALL FINISHERS
- LOAN CHIPS WILL BE ISSUED AT REGISTRATION & RETRIEVED AT THE FINISH LINE

SATURDAY
13 SEPT

ENTRANTS MUST BE UNDER
14 YEARS OF AGE
PARENTS ARE ENCOURAGED TO ACCOMPANY CHILDREN

ENTER ONLINE:

<https://oxfordstriders.co.za/SoleDestroyer2025.php>

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ASTRON ENERGY
LITTLE SOLE
2025

EYONA
ENERGY



stars of the future...

PARTICIPANTS DETAILS

TIMING CHIP No.	ADMIN TO COMPLETE		
FIRST NAME			
SURNAME			
SCHOOL			
CONTACT NO			
DATE OF BIRTH	Y Y Y Y / M M / D D		
GENDER	MALE <input checked="" type="checkbox"/>	FEMALE <input checked="" type="checkbox"/>	
AGE			

ENQUIRIES INFO

TANZI 083 978 8817 or MARITZA 072 484 0714

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The use of ear phones or head phones during the race is a contravention of ASA rules and will result in your disqualification.

SPECIAL AGREEMENT INDEMNITY (PARTICIPATION IN THIS EVENT IS AT YOUR OWN RISK)

*The Organisers (Athletics South Africa, Border Athletics, Oxford Striders Athletics Club and any other entity or persons assisting with the organisation of the Astron Energy Little Sole Race, **The Sponsor (Eyona Energy)

I agree not to hold The Organisers* and/or The Sponsor** liable for any injury, illness, death, damage to and/or loss of property which I may suffer directly or indirectly as a result of my participation in the Astron Energy Little Sole Race. I confirm that this indemnity is entered into for the benefit of The Organisers* and/or The Sponsor** as defined above. I agree to allow The Organisers* and/or The Sponsor** to use my contact number to communicate with me and that any photographs taken may be used for promotional purposes. I consent to the Organisers* processing my Personal Information as defined in the Protection of Personal Information Act, 4 of 2013, our Privacy Policy and details of our Information Officer is available on our website: www.oxfordstriders.co.za

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