



06 SEPTEMBER 2025

5KM/10KM/21KM & AEROBICS

TICKETS SOLD @ ENTRYNINJA

This is a CGA
approved race



CENTRAL GAUTENG
ATHLETICS



Entry Ninja

RACE	ENTRY FEE	TEMPORARY LICENCE	START TIME	CUT-OFF TIME	PRIZE GIVING
21.1 km	R180	R70	06h00	3.5hrs	10h00
10 km	R150	R60	06h00	3.5hrs	10h00
5 km	R80	none	06h15	3.5hrs	10h00

AEROBICS AVAILABLE ALL DAY FREE (MUSIC VIBES FAMILY FUN DAY KIDDIES AREA)

RACE RULES

1. The event is held under the rules of ASA and CGA and any regulations in place on the day of the race. It is the athlete's responsibility to familiarize themselves with the rules and regulations.
2. Athletes indemnify the national, provincial, and regional bodies, sponsor and organizers of the race against any of or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
3. All athletes participates at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate.
4. Licensed athletes participating in the 10KM and 21KM distances must wear club colours and their 2025 license runner back ad front, on the upper body of the garment and the issued race number on the front of the vest without concealing the sponsors' names. Licensed athletes who do not wear their 2025 must purchase a temporary license on the day or face disqualification.
5. Temporary licensed athletes to wear plain clothing with the issues temporary license on the back of their vest.
6. Athletes competing for category prices must wear clear visible age tags of the appropriate size, on the back and front of their running vest.
7. Walkers competing for walkers prices (if any) must wear walker tags on the front and back of their running vest and adhere to IAAF rule 230.
8. No blades, cyclist or mechanically operated devices allowed in the race.
9. No 2, 3 or 4 wheel carts/prams which are mechanically or manually operated by participants, or wheelchairs athletes will be permitted to participate without special permission has been granted from the race organizer. All such participants MUST start at the back of the field.
10. No animals / pets allowed to participate.
11. Minimum age 9 years (5 KM), 14 years (10KM) and 16 years (21KM).
12. All instructions from traffic and race officials must be obeyed all times.
13. The race committee reserves the right to accept or reject any entry.
14. No seconding allowed.
15. Water points/ hydration stations will be available approximately every 3 kilometers on the route.
16. Proof of age for prize winners is required and must be presented to referees before prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
17. Only those who have completed all the information required in the race/ number are eligible for prizes.
18. No earphones, pods and the like allowed and contravention of IAAF rule 144.2b, may lead to disqualification.
19. The race will timed by Peak Timing (Pty) Ltd. Each athlete will be given a race number with CHIP on the front of your race number.-NO RACE NUMBER-NO PRIZE.
20. Athletes may not with another athlete's race number unless they have done substitution which will be granted through a formal process informed by the race organizer.

RACE TIMING AND RESULTS

All 3 distances will be timed by timing company, using a timing chip attached to participants' race number. All distances will be timed gun to mat. Results will be available after the race.

Race Support and Facilities.

Plenty of safe parking will be available at Slotjhile Pub and Shisanyama.

Water points will be available every 3Km.

Tag bag facilities will be available.

Late Entries and Collections

- Thursday 4th September 2025 between 11h00-18h00 at Slotjhile Pub and Shisanyama.
- Friday 5th September 2025 between 11h00-18h00 at Slotjhile Pub and Shisanyama.
- Saturday race day 05h00-06h00am .

PRICE MONEY: MALE & FEMALE

21km	10km	
Open: - 1. R5000.00 2. R3000.00 3. R2000.00	Open: -	1. R3000.00 2. R2000.00 3. R1000.00
Veteran (40+):- 1. R400.00	Veteran	(40+):- 1. R400.00
Master (50+):- 1. R400.00	Master	(50+):- 1. R400.00
Grand Master (60 y/o) 1.R400	Grand Master	(60 y/o) 1.R400.00
Junior: - 1. R400.00	Junior: -	1. R400.00



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