

PHOBIANS FIFTEEN

15KM RUN

07:00

15KM WALK

06:50

5KM FUN RUN/WALK

07:10

17 • 08 • 2019



Athletics
Gauteng North

PHOBIANS
Athletics Club



The Pretoria High School Old Boys Club

RACE INFORMATION & RULES

RACE	ENTRY FEE	START TIME	CUT-OFF TIME	MIN AGE	PRIZE GIVING
15 KM RUN	R90	07:00	2.5 Hours	15	09:30
15 KM WALK	R90	06:50	2.5 Hours	15	09:30
5 KM FUN RUN	R40	07:15	2 Hours	-	09:30

Non-Registered Athletes (15km run & walk) must buy a temporary licence at R40 each, sold on the day. Free entry available for 70+, wheelchair athletes, blind walkers & blind runners on race day only. Fun Run: Baby strollers welcome. Tog bag area available at own risk. Club gazebos welcome but fire extinguishers mandatory. Fun run will be officially timed.

All proceeds from the fun run/walk will go to the Boys High Representative Council for Learners' Charities.

RACE ENQUIRIES: Rory 072 023 1177 | Leon 082 920 9495

ENTRY INFORMATION:

Pre-entries at shops close 16/08/2019

Entry forms are available at:

- **Pretoria:**
 - Run-A-Way Sport:** 302 Fressia St, Lynnwood Ridge (012 361 3733)
 - Sweatshop:** Southdowns Centre, Irene (012 655 0048)
 - Sportsman's Warehouses:** Centurion Value World (012 665 0799), Atterbury Value Mart (012 991 4926), Kolonade (012 548 5131)
- **Johannesburg:**
 - Sweatshop:** Dunkeld (011 325 2567)
- **Online entries:** www.entryrush.co.za/event/phobians-15km5km-run-and-walk

Online entries close 11/08/2019 at 23:00

- **Race day entries:** 17/08/2019 from 05:00 - 06:50
- **Late entries & online collection:** Pretoria Boys High School - 17/08/2019 on race morning
- **5KM Fun Run entries:** Available at Pretoria Boys High School - 012 460 2246 Ext 244

RACE RULES:

1) The race is run in accordance with the rules of ASA and ASN. 2) Registered athletes must wear the current year's (2019) licence number front and back. If issued with race number, this must be worn on the front of the vest and must be attached below the ASA logo so that it is clearly visible. 3) Temporary licenced athletes to wear temporary licence on the back of the vest. 4) All licenced athletes competing for category prizes must wear age category tags clearly visible front and back. Proof of age for prize winners will be required to be presented to referees before the prize giving. Prizes will be withheld until confirmed. 5) Walkers competing for prize money must wear WALKER/W tags on the front and back of their vest. 6) No seconding is allowed. 7) International athletes must provide a clearance letter from their Country of origin to the referee in the event of them winning a prize. Foreign athletes must abide by the IAAF rule 4.2. 8) No blade, cyclist or mechanically operated device allowed in the race. 9) No iPods or listening devices. 10) Minimum age: 15km - 15 years old. 11) Water points are approximately every 3km. 12) Medical support will be available. 13) Participants are required to obey instructions from all traffic officials, race marshals and referees. 14) Do not litter. Please use bins provided. 15) Race entry fees non-refundable. If issued with race number this must be worn on the front of the vest and must be attached below the ASA logo so that it is clearly visible. 16) Club gazebos to be erected latest race day between 05h00 and 06h30 after which all vehicles must be removed from the field.

RELEASE & WAIVER:

In consideration of the acceptance of my entry, I, for myself, my executors, heir's administrators and assigns, do hereby release and discharge Phobians Athletic Club, National Provincial bodies, any and all sponsors, any and all volunteer groups, any and all medical persons, any and all local authorities from all claims for injuries, damage or property loss I may suffer caused by the negligence of them and or out of participation in this event, including pre and post race activities. By entering these events, I declare that I agree to abide to the rules of the race and rules of ASA. I am physically fit and sufficiently trained to participate in this event.

15 KM RACE MEDALS

- **Gold Medal** - To all prize winners.
- **Silver Medal** - To the next 180 runners / 20 walkers.
- **Bronze Medal** - To the next 2000 runners/walkers within cut-off time on the day.

5 KM FUN RUN RACE MEDALS

- **Gold Medal** - To first place male & female.
- **Bronze Medal** - To all finishers (max 1000 on the day)

PRIZE MONEY FOR BOTH MEN & WOMEN

NB: No category tag, no prize money!

15 KM RUN

POSITION	JUNIOR	OPEN	40-49	50-59	60-69	70-79	80 +
1st	R100	R2000	R700	R300	R150	R100	R100
2nd	-	R1000	R500	R200	R100	-	-
3rd	-	R700	R300	R150	-	-	-
4th	-	R300	-	-	-	-	-
5th	-	R200	-	-	-	-	-

15 KM WALK

POSITION	JUNIOR	OPEN	40-49	50-59	60-69	70-79	80 +
1st	R100	R200	R100	R100	R100	R100	R100
2nd	-	R150	R75	R50	R50	-	-
3rd	-	R100	R50	-	-	-	-

RACE RESULTS:

Available at raceresults.co.za

WHERE IS THIS HAPPENING?

Pretoria Boys High School, Roper St, Brooklyn, Pretoria.



**LET'S GET
RUNNING**



AMPLE PARKING AT VENUE

Use North Gate on University Avenue and East Gate on Roper Street until 06:45 after which **ONLY** North Gate will be open for vehicles due to race start on Roper Street.

**Sportsmans
Warehouse**
winning starts here