

# Ford

## LEAGUE RACE

**NEW ARRIVAL  
RACE T-SHIRTS**

**ONLY  
R180**

WE DO NOT ACCEPT CASH  
ON THE DAY OF REGISTRATIONS



**27 SEPT  
2025**

**FORD**  
**3-IN-1**  
**SPRING RACE**

FORD MOTOR COMPANY SPORTS  
AND RECREATION CENTRE

**It's a League Race**

There will be aerobics after the race  
There will be a draw after the race.  
These entry fees exclude service fees.

**ENTRY FEES ARE  
AS FOLLOWS**

**5KM - R70**

**10KM - R160**

**21KM - R220**

**Start Time:**

**21km & 10km | 06:00**

**5km | 06:30**



**SCAN HERE  
FOR RACE**

**aQuellé**



WELLNESS SOLUTIONS

**Ford**



FORD ATHLETICS CLUB



Powered by FinishTime



**Athletics  
Gauteng North**

## PRIZES FOR MEN AND WOMEN

	Position	Open	40-49	50-59	60+	Junior	Walker
21.1 km	1	R1000	R300	R300	R300	R300	R300
	2	R700	R200	R200	R200	-	-
	3	R500	R150	R150	R150	-	-
10 km	1	R800	R200	R200	R200	R200	R200
	2	R600	R150	R150	R150	-	-
	3	R400	R100	R100	R100	-	-

### ENTRANCE INFORMATION:

Enter online: <https://www.entryninja.com/events/82375-ford-race> or scan **QR code**

Online Entries close on **23 September 2025**

Online entries can be collected on **26 September 2025** or on day of the race

You can still enter on **Friday 26 September 2025** at Ford Sports Grounds between **14h00** and **19h00**

Temporary licenses available @ **R70**

Entries on day of the race starts from **04h00** until **05h45**

Results will be available on: [result.finishtime.co.za](http://result.finishtime.co.za)

#### Pre-entries at the following shops:

Run-Away-Sports – 012 361 3733

Tshwane running shop – 076 929 7384

#### Enquiries:

Ngwako Motsieng: 082 964 8838

Maredi Mphahlele: 083 488 9152

1. The race is run in accordance with the rules of the ASA & AGN.
2. Athletes must wear the 2025 license numbers on the front and back of the vest.
3. Race numbers must be worn on the front of the vests and logos may not be covered on the license number.
4. Temporary licensed athletes to wear temporary license at the back of the vest.
5. Athletes competing for category prizes must wear age category tags on the front and back of vests. Proof of age for prize winners will be required and to be presented to referees before prize giving.
6. Walkers competing for prize money must wear WALKERIW tags on the front and back of vests.
7. Marshals, traffic officials and road rules must be obeyed at all times.
8. No iPods or listening devices are allowed No seconding is allowed.
9. Minimum age for participation: 14 years for 10km and 16 years for 21 km.
10. Medical support will be present on race day.
11. Cut off time is 3 hours for all events.
12. Parking is available but the race organisers will not be held responsible for any lost, stolen or damaged goods.
13. Distance markers every 1 km.
14. Tog bag area while available.
15. Ample space for gazebos.
16. Gazebos must be erected a day before the race.
17. Organizers indemnify themselves from any action or claim of whatever nature caused by the negligence of participants. Runners participate at own risk!!
18. International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if are contenders for Prizes
19. Great Grandmaster entry free.



**KING OF RECOVERY**

*Say Goodbye to the pain*



**SCAN HERE  
FOR RACE**