



lenmed
Embrace every day

INCORPORATING CGA 10KM CHAMPIONSHIPS



Olifantsfontein Sports Ground

W VIEW ROAD, OLIFANTSFONTEIN



October 2025



07h00

REGISTER ONLINE
www.thembisamile.co.za

MEDALS TO ALL REGISTERED FINISHERS!!!

10km entry fee:	R150 (temporary license fee: R60)
1 Mile entry fee:	R50 (temporary license fee: R30)

RACE OFFICE: 063 804 5180 | info@thembisamile.co.za



GENERAL RACE INFORMATION AND RULES:

1. The race is run under the rules and regulations of World Athletics, Athletics South Africa and Central Gauteng Athletics.
2. The 10km is open to all licensed and non – licensed runners /walkers of 14 years and above. No pets allowed.
3. The 1 Mile race is open to all runners of 5 years and above.
4. Entry for the ELITE Mile race is by INVITATION only.
5. Closing date for ONLINE entries is Wednesday, 22 October 2025 at midnight or when the entry limit has been reached.
6. Seeded start for the invited ELITE athletes and the contender. Seeding is based on 10km run within 12 months prior to the event. You must submit your recent 10km time on the registration forms to be seeded.
7. Entry fee: The entry fee is NON REFUNDABLE. If the event is cancelled because of Covid – 19, natural disaster or service delivery protest, registered athletes will have their entries deferred to the following years event. 10km is R150 excluding online charges. 10km temporary license is R60. 1 Mile entry fee is R50 excluding online charges. 1 Mile Temporary license fee is R30. Late registration fee is R180 for 10km and R80 for 1 Mile
8. Your entry will be acknowledged via a valid email address as supplied by you on the entry form.
9. Licensed athletes must wear club colours and their 2025 ASA license number back and front, with race number worn on the front of the vest but not obscuring the logos on the ASA license. Licensed athletes who do not wear their 2025 license must purchase a temporary license or face disqualification.
10. Temporary licensed athletes to wear plain clothing with the issued temporary license on the back of their vest.
11. No advertising may be worn by athletes, Refer to World Athletics Rule 143 and ASA Rule 14.1(7).
12. International athletes must provide a valid clearance letter from their country of origin to the organisers and the Chief Race Referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to. International athletes cannot run with an ASA permanent number. They must purchase a temporary license.
13. Prize giving will commence at 08h30 for 10km and at 12h00 for the 1 Mile races. Proof of age is required for all category prize winners. Objections must be lodged within 30 minutes before or after prize giving in writing to the Chief Race Referee accompanied by a deposit of R500 which is refundable if the appeal is upheld or forfeited if the appeal is unsuccessful. Prize MONEY will be paid via eft 7 – 15 days after race day or once athletes are cleared of doping. Prize winners MUST provide banking details.
14. Athletes competing for category prizes must wear clearly visible age tags of appropriate size on the front and back of their running vest.
15. No seconding is allowed.
16. No ear plugged devices allowed during the race, excluding a hearing aid and devices in accordance with World Athletics Rule 144.2b/ Athletics South Africa Rule 34.10
17. We regret that due to the nature of the course, wheelchair athletes cannot participate.
18. Athletes indemnify the national, provincial and regional bodies, sponsors, partners, clubs

and organizers of the race for any or all actions of whatsoever nature that may arise out of their participation in the race.

19. All athletes participate at own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All the athletes must supply the name of their next of kin on both the race number and entry form.
20. All entrants grant permission in terms of section 51 of the electronic communication act 25 of 2002, to use their name, race information, photographs, video tapes, broadcasts, telecast in which they may appear free of charge. They accept that their personal information will remain confidential and consent to the same being shared with the parties involved in the organisation of the event for purpose of registration, timing, medical care, fitness point and race newsletter.
21. Athletes cannot run with another athlete's number. Substitution only available at number collection. Substitution fee is R50
22. Race Number collection and late registration (if not sold out) will take place at Olifantsfontein Sports Ground on Thursday, 23 October 2025 from 09h00 to 17h00, Friday 24 October 2025 from 09h00 to 17h00, Saturday, 25 October 2025 from 09h00 to 18h00 and on race day (Sunday, 26 October 2025) from 05h00 to 07h00. NO LATE ENTRIES OR REGISTRATION ON THE DAY OF THE RACE!
23. All registered athletes will be sent confirmation of their race number via email /sms to the contact details on the athlete's entry. It is the responsibility of the athlete to ensure that their contact details correct.
24. Athletes are required to bring proof of identification together with their race number confirmation email /sms in order to collect their number. Unable to collect your race pack, the person collecting on your behalf must bring a letter of authorisation, race number confirmation email, copy of your ID/ driver's license and their ID/drivers licence.
25. Tog bag facility available at the finish. Please ensure tog bags are clearly marked with your race number. Entrant's race number will serve as the corresponding number when you retrieve your tog bag.
26. Distance markers in miles and kilometres.
27. Blatant running by any walker may lead to disqualification. Three warnings will lead to disqualification. Walkers competing for prize money must wear short pants. Any long pants covering the legs will lead to disqualification.
28. Cut off time for 10km is 2 (two) hours. 1 Mile athletes must be able to complete their event in 15 (fifteen) minutes.
29. Littering is not allowed. Athletes are to dispose of any litter in the appropriate bin. Athletes can be disqualified if they litter.
30. The organizers retain the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying entry fee.
31. Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge.
32. All instructions from the traffic, race and technical officials must be obeyed at all times.

RACE DAY PROGRAM:

	TIME	EVENT
1	07H00	10km Run & Walk
2	09h00	Girls U/10
3	09h15	Boys U/10
4	09H30	Girls U/13
5	09h45	Boys U/13
6	10H00	Girls U/15
7	10H15	Boys U/15
8	10h30	Girls U/19 (Junior Women)
9	10h45	Boys U/19 (Junior Men)
10	11h00	1 Mile Race Walk Women
11	11h15	1 Mile Race Walk Men
12	11h30	Elite Women (Invitational)
13	11h45	Elite Men (Invitational)
14	12h00	10km & 1 Mile Awards Ceremony

1 MILE AGE CATEGORIES:

	CATEGORIES
1	Girls U/10 – Born in 2015, 2016, 2017, 2018, 2019 & 2020
2	Boys U/10 – Born in 2015, 2016, 2017, 2018, 2019 & 2020
3	Girls U/13 – Born in 2012, 2013 & 2014
4	Boys U/13 – Born in 2012, 2013 & 2014
5	Girls U/15 – Born in 2010 & 2011
6	Boys U/15 – Born in 2010 & 2011
7	Junior Women – Born in 2006, 2007, 2008, 2009
8	Junior Men – Born in 2006, 2007, 2008, 2009

10KM PRIZE BREAKDOWN:

	OPEN	JUNIORS	VETERANS	MASTER	GRAND MASTERS	70 +
1	R10 000	R1000	R1000	R1000	R1000	R1000
2	R6000	R750	R750	R750	R750	R750
3	R3000	R500	R500	R500	R500	R500
4	R2000					
5	R1750					
6	R1500					
7	R1250					
8	R1000					
9	R850					
10	R500					

1 MILE PRIZE BREAKDOWN

	ELITE MILE	JUNIOR MILE	1 MILE WALK	UNDER 10YRS	UNDER 11-13YRS	UNDER 14 -15YRS
1	R4000	R1000	R1000	R500 SPAR Gift Card	R500 SPAR Gift Card	R500 SPAR Gift Card
2	R3000	R750	R750	R400 SPAR Gift Card	R400 SPAR Gift Card	R400 SPAR Gift Card
3	R2000	R500	R500	R350 SPAR Gift Card	R350 SPAR Gift Card	R350 SPAR Gift Card
4	R1500					
5	R1000					
6	R800					
7	R600					
8	R500					