



5km | 10km | 21.1km

THE MOOO'SE ROAD RACE

Saturday, 14 March '26 06h00-09h30

Online entries at www.entryninja.com

Online entries Close Tuesday, 10 March 2026



IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET

ENTRY FEES:

Start Time	Distance	Vitality Points	Online Entries	Late Entries
06h15	5km	0	R90	R100
06h00	10km	600	R200	R220
06h00	21,1km	1500	R250	R270

A temporary number/license for the 10km and 21.1km races can be purchased for R70

ENTRY IS FREE FOR AGE 70+
Entry fees exclude service charges.

YOUR ENTRY INCLUDES:

- Great lucky draw prizes to be WON!
- Everyone who completes the race will receive a medal.

PRIZE GIVING:

	10 km	10 km	10 km	21.1 km	21.1 km	21.1 km
POSITION	1st	2nd	3rd	1st	2nd	3rd
OPEN	R700	R500	R300	R1 000	R800	R600
JUNIOR	R300	-	-	R400	-	-
40-49	R200	-	-	R300	-	-
50-59	R200	-	-	R300	-	-
60-69	R200	-	-	R300	-	-
70-79	R200	-	-	R300	-	-
80+	R200	-	-	R300	-	-
Walkers Men 21.1km	-	-	-	R400	R300	R200
Walkers Female	-	-	-	R400	R300	R200
Walkers Men 10km	R300	R200	R100	-	-	-
Walkers Female 10km	R300	R200	R100	-	-	-

ADDITIONAL INFO:

- Arrive early to avoid traffic congestion.
- Coke and water provided every 3km.
- Medical services will be provided.
- Refreshments on sale from stores
- Club gazebos allowed from Friday from 15:00.

- Tog bag area available at Vodashop, at own risk.
- No i-Pods or listening devices.
- Ample parking available.
- Fully stocked, licensed restaurants open from 08h30.

RULES: The Race is run in accordance with the rules of ASA and AGN

1. Athletes who do not adhere to the rules will be disqualified.
2. Registered athletes must wear the 2026 license number. Race numbers must be worn on the front and must not cover the ASA and sponsors logos.
3. All licensed athletes competing for category prizes must wear numeric category tags, clearly visible on the front and back of their vests. Proof of age for prize winners may be required to be presented to referees before receiving the prize. Prizes will be withheld until confirmed. Race Numbers must not cover the logos on the license.
4. Walkers competing for prize money must wear WALKER/W tags on the front and back of their vests.
5. Minimum age for race entries: 5km: 9 Years 10km: 14 Years | 21.1km: 16 Years
6. No seconding is allowed.
7. **Temporary licensed Athletes** are eligible for open and category prizes, provided they have the age category tag clearly visible on the front and back of their vests.
8. All traffic officers and official instructions to be obeyed.
9. Time limit is 3 hours, 30 minutes, for ALL athletes. Last runner/walker must finish by 09h30.
10. No blade, cyclist, or mechanically operated device allowed in the race.
11. All athletes participate solely at their own risk and the organisers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during, or as a result of the race.
12. International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if are contenders for Prizes.

For enquiries, contact Marietjie
0728642908

Late entries can be made from Wednesday, 11 March 2026 until before the race on Saturday, 14 March 2026 at the Vodashop at Irene Village Mall.

012 662 4297

Entries can be collected at the Vodashop from Wednesday, 11 - 13 March 2026 15h00 - 18h00, or on Saturday before the race from 04h30 - 06h00.