

Runners Tour Race 2025

42km, 21km, 10km & 5km Run



01 November 2025

Enter online www.eventtiming.co.za

Entry Fee:

42 km R350 | 21 km R250 | 10 km R140 | 5km R60

Temp Licence: R90 (21km | 10km)

Start:

42km: Poenskop @5:30

21&10km: Agate Terrace @ 5:30

5km: Mpatu Main Road @ 7:00

Finish:

All distances at Port St John's Sport Ground

Cut off: 11:30

Registration and Late Entries:

31 October: Port St John's City Hall @ 09:00 - 18:00

For More Information: Contact 082 979 4466 / 076 344 2893



HOSTED BY

IN ASSOCIATION WITH

SPONSORS



PRIZE MONIES

Distance		42 km		21 km			10 km			5 km		
Open	1st	2nd	3rd	1st	2nd	3rd	1st	2rd	3rd	1st	2rd	3rd
	R6 000	R4 000	R3 000	R2500	R1500	R1000	R1000	R800	R600	R300	R200	R150
35 -39	R1200	R600		R800	R600		R600	R400				
40 - 49	R1000	R500		R800	R600		R600					
50 – 59	R800	R400		R600	R400		R400	300				
60 +	R600	R300		R500	R250		R400	R200				
Junior				R1000	R700		R600	R400				

Online Entries: www.eventtiming.co.za

Online Entries close: 28 October 2025

Entry Fee: 42km R350, 21km R250, 10km R140, 5km R60 (**Until 28 October**)

Late Entries & Registration: At Port St John's City Hall on 31 October from 09:00 - 18:00

Late Entry Fee: 42km R400, 21km R300, 10km R190, 5km R100

Temporary Licence: 21km and 10km R90

Entry Form

Full Name (s) & Surname : _____

ID Number : _____

Date of Birth : _____

Email : _____

Contact No. : _____

Club : _____

Province : _____

ASA Number : _____

Race Event : 42 km ☐ 21 km ☐ 10 km ☐ 5 km ☐

Age Category : Junior ☐ Open ☐ 35 - 39 ☐ 40-49 ☐ 50-59 ☐ 60+ ☐

Sex : M ☐ F ☐

Manual Payments:

Should the online payment options be unsuccessful ATM deposits @ Capitec can be made

Bank : Capitec

Account Holder : Eventtiming (K H Bradfield)

Account Number : 1543764345

Clearing code : 470010

Account Type : Savings

Branch : Pavillion

Use your Identity Number as reference and state which race you are doing

Whatsapp the slip with your reference endorsed on it to 061 505 1416

INDEMNITY

All entrants to be medically fit and understand that participation is at own risk and that the organiser, officials and all sponsors of this event cannot be held responsible or liable for any claim or injury incurred as a result of the race or for any property lost or damaged. If I am competing with a temporary licence I am not covered by the ASA Athletic Medical Insurance Policy.

Race Rules and Information

The race will be run in accordance with the rules of WA, ASA and ATRA and all participants to abide by these rules. All foreign athletes must comply with WA rules 4.2, 22.1 and 142 and ASA rule 9.

Refreshments will be provided along the route and no personal seconding will be permitted. Runners and walkers to obey all marshalls, traffic and technical officials. Age restriction : 25km-participants must be 16 years and older on race day. 15 km –participants must be 14 years and old on race day. Proof of age will be required for age category winners. ASA/ATRA approved age category tags and walker tags must be worn on top front and back of vest /crop top to be eligible for age category prizes. Junior athletes, 19 years or young on 31 December in the year of the completion ,must wear a “J” on the upper front and back of vest /crop top in order to be eligible for prizes and must provide proof of age on the race day. ASA LICENSE NUMBERS Organisers /Athletes may not replace ASA license numbers with competition s /Race Numbers /sticker under any circumstances where a competition number used, it must be placed so that the ASA license Sponsor and the ASA province / year remains visible above competition /race number. The license numerals may be covered. Athletes who fail to adhere to these rules may be disqualified. (Refers to ASA Rule 26.1.7). Temporary licensed athletes are not covered by the national insurance policy .Refers to ASA Rule 25.6.15. Unregistered athletes running with temporary license must run in neutral colours and adhere to WA and ASA rules. Holders of Temporal licences will be eligible for individual prizes and may claim age prizes in keeping with WA and ASA rule 25.6.13.

Signed : _____

Date: ____/____/____