

SYDENHAM SPORTS CLUB CHALLENGE

16km Run/Walk

Hosted By:



**SYDENHAM
SPORTS CLUB**

Date 	Sunday 01 February 2026
Start 	05.00am Barnes Road, Sydenham
Finish 	Barnes Road Grounds, Sydenham
Registration 	Saturday 31 January 2026 10.00am – 17.00pm Sydenham Clubhouse
Online Entries 	https://www.eventtiming.info/sydenham
Closing Date 	Wednesday 28 January 2026
Entry Fee 	16km R/W- R200.00 / Late Entry R210.00
Temp. Licence 	16km - R65
Cut Off Time 	16km - 3 Hours (Prize Giving 08.00am)
Enquiries 	Anita 084 254 2468

**T-Shirts to first
500 ENTRIES**

PRIZE MONEY

16 KM RUN - M/F (16yrs + over)

	OPEN	35-39	40-49	50-59	60+	JUNIOR
1	R 500.00	R200.00	R200.00	R200.00	R200.00	R200.00
2	R300.00					
3	R200.00					R150.00

16 KM WALK - M/F (16yrs + over)

	OPEN					
1	R300.00					
2	R200.00					
3	R100.00					

ENTRY FORM

NAME|

SURNAME|

ID NO.|

D.O.B.|

GENDER|

CLUB|

PROVINCE|

LICENCE NO.|

CELL NO.|

16 km Run

16km Walk

INDEMNITY

I am medically fit to run/walk and fully understand that I enter and participate at my own risk and will not hold the organisers, responsible for any injuries or loss I may suffer through participation in the race, or any property lost or damaged on the course, or in the changing area.

Signature:

Date:

RULES

- 1| **This race is run in accordance to the rules as laid down by the WA, ASA, and KZNA and all entrants must abide by these rules. All foreign athletes must abide by WA rule 4.2 and 142.**
- 2| **The minimum age limit of an entrant for 16km is 16 years.**
- 3| **Current ASA licenses, age category and walker tags must be clearly worn on the front and back of the vest/crop top.**
- 4| **Junior athletes are recognised as being 19 in the full year of competition. Open and above recognised at the age on the day of competition.**
- 5| **Temporary licenses (if purchased) must be worn on the back of the vest/crop top.**
- 6| **Club colours must be worn.**
- 7| **Proof of age MUST BE PRODUCED if entrant qualifies for a prize category.**
- 8| **Race entry fees are not refundable.**
- 9| **Refreshment tables will be provided. Personal seconding is not permitted.**
- 10| **No pacing is permitted.**
- 11| **Marshals and traffic officials must be obeyed.**
- 12| **All entrants participate at their own risk. Organisers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property lost or damaged on the course or in the changing area.**
- 13| **No littering rule (WA Clause 28.4 & 28.5 - Rule 125) applies.**

SPECIAL THANKS

