

VAAL MALL



4 in 1

CHALLENGE



ArcelorMittal
Athletics Club

21 MARCH 2020

Human Rights Day

**ENTRIES ON RACE
DAY ONLY**

20km - R130

15km - R100

10km - R60

5km - R30



Proud Sponsor

VENUE
VAAL MALL Vanderbijlpark
C/O Barage Road & Rossini Blvd



START TIME FOR ALL DISTANCES

06:00 am



**1500
Medals
on
Race Day**



WWW.VAALMALL.CO.ZA

RACE ENQUIRIES CONTACT:
MALIE : 082 853 9144 / SCHALK: 083 304 0487
MAIL: malievdw@telkomsa.net

General Rules

1. The race is run in accordance with the rules of ASA and AVT.
2. Registered athletes must be a member of a Club affiliated to ASA, wear club colours and two unaltered 2020 license numbers on the front and back of their vests.
3. Temporary licenses available at R50.00 for the 20km, 15km and the 10km race.
4. Water points approximately every 2.5km.
5. No seconding allowed on the route.
6. No club colours required for the 5km race.
7. All athletes compete at their own risk. Athletes indemnify the National, Provincial and Regional bodies, sponsors and organizers of the race against all or any actions of whatever nature, that may arise due to participating in this event.
8. Walkers may participate in the 5km and the 10km only.
9. Cut off time is 3 hours.
10. The race organizers reserve the right to accept or reject any entry.
11. Stern action will be taken against athletes found guilty of running the race without entering.
12. Minimum age
5km - 9 years
10km - 14 years
15km & 20km - 16 years
13. No provision for child care during the event will be made by the organisers

Race Information

1. Entries will be received at the start from 05H00 at the Vaal Mall.
2. No Category prizes.
3. No tog bag area.
4. Wheelchair athletes are welcome to participate in the 5km and 10km, but must take note that the roads are in a bad condition and can cause additional risks.
5. Officials and marshals must be obeyed at all times.
6. Ample parking available at the Vaal Mall.
7. Please park in designated areas only.
8. Toilets available in the Vaal Mall.

PRIZE MONEY

	MALE			FEMALE		
	10km	15km	20km	10km	15km	20km
1 st	R250	R300	R350	R250	R300	R350
2 nd	R200	R250	R300	R200	R250	R300
3 rd	R150	R150	R250	R150	R150	R250