

PROUDLY BROUGHT TO YOU BY



Non Registered Athletes	-	On the da race fror		re ries	Pı Entı
(10km & 21.1km) must buy a	R50 R80	5 km 10 km	OR	R50 R80	5 km 10 km
Temporary licence at R40		21.1 km			21.1 km

PRE ENTRIES:

Manual pre-entries: 3 February - 20 March 2020

■ Cross Trainer, Sunnypark: 012 440 1504

■ Tswane Running Shop 076 929 7384

■ Sweatshop Southdowns: 012 655 0048

Run-A-Way Sports: 012 361 3733

■ On line: www.entrytime.com from 3 February 2020 - 18 March 2020

MEDALS

Distance	Gold	Silver	Bronze
5 km	1 st ten	100	The Rest
10 km	Category winners	200	The Rest
21.1 km	Category winners	200	The Rest

PRIZE MONEY - RUNNERS & WALKERS: MEN & WOMEN (10km & 21.1 km)

CATEGORY	First	Second	Third
OPEN	R500	R250	R150
40-49	R200	_	_
50-59	R200	_	_
60-69	R200	_	_
70+	R200	_	_
80+	R200	_	_
lunior	R200	_	_

RULES

The race is run in accordance with the rules of ASA and AGN.

All athletes must wear the race number on front of their running vests, covering of the logos on the ASA Licence number is not allowed. Registered athletes mustwear their 2020 licence numbers on the front and back. Non registered 10km and 21.1km athletes must purchase a temporary licence and wear it on the back.

Athletes competing for age category prizes must display the official numerical age category tags on the front and the back of their vest.

Proof of age will be required to be presented to referees before prize giving.

Walkers competing for prizes must wear the official "W" or "WALKER" insignia on the front and the back of theirvest. International athletes must abide by the IAAF rule 4.2. which states that they must provide a clearance letter from the Athletics Federation of their country of origin to be eligible for a prize.

No seconding is allowed during the race.

No Blade, Bicycle or mechanically operated device will be allowed in the race. Manually operated wheelchairs are allowed.

The age restrictions for participants in the 10km and 21. 1km races must be 14 years and 16 years respectively. No I Pods or listening devices are allowed in the race. Athletes participate at their own risk and indemnify the organisers, sponsors and national and provincial bodies against any claims that may arise.

Animals not allowed.

There will be refreshment points at 3 km intervals along the route.

Medical support and Tog bag facilities will be available. Prize giving at 09:00.

Cut of time for all distances 10:00

Enquiries:

Daan du Toit 082 572 4169

James 082 566 1595

Sunnypark 012 341 7556

SUNNYPARK SHOPPING CENTRE TENANTS DIRECTORY

LEVEL 1		
Tenant	Shop	Telephone
Checkers	L1-01	012 441 0000
Smoker's Den	K001	082 263 8490
DSTV	K03	012 441 7924
Foschini	L1-05	012 341 9806
Soviet	L1-07	011 061 0677
Mr Price	L1-14	012 341 1078
Clicks	L1-15	012 440 2389
London Royal	L1- 17	012 440 1049
Mr Price Kids	L1-21	012 341 0548
Pep Stores	L1-25	012 440 7402
Specsavers	L1-25B	012 341 0981
Ackermans	L1-27	012 341 0796
Jet	L1-29	012 341 1400
Sheet Street	L1-30	012 341 1821
King Pie	Kiosk 4	
Telkom	Kiosk 5	
Cell C	Kiosk 6	

LEVEL 3		
Tenant	Shop	Telephone
Standard Bank	L3-01	012 400 8913
Capitec Bank	L3-03	012 341 0249
Old Mutual	L3-07	012 399 1408
Chicken Licken	L3-12	012 341 3580
Ocean Basket	L3-19	012 341 0053
Spur	L3-21	012 440 1196
Cappello	L3-23	012 341 1970
Debonairs	L3- 24	012 440 1114
Steers	L3- 25	012 440 1114
Fishaways	L3- 26	012 440 1114
Wimpy	L3- 28	012 440 1114
Milkylane	L3-27	012 440 1114
FNB	L3-31	012 341 6325
Virgin Active	L3-33	012 341 0737
Bidvest Bank	L3-37	012 341 2925
Nedbank	L3-39	012 441 0500
African Bank	L3-45	012 440 8582
ABSA ATM	L3-47	0800 41 41 41

Tenant Shop **Telephone** Woolworths L2-01 012 441 0040/5 L2-03 012 440 2112 Spitz Arthur Ford L2-02 012 440 1096 American Swiss L2-13 012 341 1994 Vodacom 4U L2-15 012 440 1803 The Cross Trainer L2-17 012 440 1504 012 341 2295 Sports Scene L2-19 Tape L2-21 012 440 1106 Muzzly L2-23 012 440 1084 Le Cog Sportif L2-25 012 341 8347 Studion 88 L2-27 012 341 0084 Ghetto Linx L2-29 012 440 1207 Rhapsody's L2-33 012 004 1110 Nando's L2-35 012 341 0212 Eden Perfume 011 024 1448 K02 V-Cell Clinix L2-37 073 866 9090 Truworths L2-41 012 440 5922 012 440 4300 Identity L2-51 Markham L2-52 012 440 2419 Fair Price L2-54 012 341 4937 Ayoba Cafe L2-53 072 752 6530

LEVEL 2

LEVEL 4		
Tenant	Shop	Telephone
Dentist - Dr V Omar RH Hotel Centre Management Spoor.Fisher Loanshop Western Union	L4-05 L4-14 L4-16 L4-19 L4- 21	012 341 6344 012 444 1000 012 3417556 082 572 7075 012 440 9111 012 341 8349

LEVEL 5 Tenant	Shop	Telephone
Rainprop	L5-02 A	012 440 6900
Cosmopolitan	L5-02 B	012 341 5599

THE CROSS TRAINER



Premium Sports Lifestyle

The Cross Trainer Sunnypark, Shop L2-L17, 012 440 1504



RIGHT 2 RUN SUPPORTS WORLD DOWN SYNDROME DAY

WEAR MISMATCHING SOCKS FOR THE RIGHT 2 RUN RACE IN SUPPORT OF **WORLD DOWN SYNDROME DAY** ON THE 21ST OF MARCH

> SUNNYPARK SHOPPING CENTRE

RICHT 2 CHILL

Chill & Unwind after the Right 2 Run Race at Sunnypark **Location: Sunnypark Outside Court** Time: 11:00 - 17:00

Exclusive discount for Race Runners Good Music | Great Food | Nice Drinks | Chilled Vibes





















