



CHECKOUT VERULAM FALCONS ATHLETIC CLUB HOST CHECKOUT CHALLENGE WITH DISCOVERY VITALITY



SUNDAY, 29 MARCH 2020
KINGSPARK ATHLETIC STADIUM

**RUN
SERIES**

21.1KM | 10KM | 5KM

At the Venue Kingspark. Jacko Jackson Dr, Stamford Hill, Durban
GPS co-ordinates: -29° 49' 17.75" S | 31° 01' 28.13" E

Spring into action with the CHECKOUT VERULAM FALCONS ATHLETIC CLUB

as part of the Discovery Vitality Run Series. This is race 2 of 3 in the Series.

Complete all three iconic races in Durban and earn Vitality points

PLUS a limited edition medal at each race.

RACE INFORMATION

21.1km Run	Start 06h30	3h30	16 years min
10km Run / Walk	Start 06h45	3h30	14 years min
5km Fun run	Start 07h30	1hr	9 years

Electronically timed event, entries are limited and capped as follows (by hand and/or online):

- 21.1km first 1500 entries received
- 10km first 1500 entries received
- 5km fun run first 1000 entries received

ENTRY INSTRUCTIONS

- Entries open on 24 January 2020
- Enter online : www.eventtiming.co.za
- Cash Deposits : follow instructions on Entry form
- Manual Entry forms can be dropped of at
Asmals Hypersave no later than 25th March 2020

ENTRY CLOSING DATE

Online entries are closing on 22th March 2020
Late entries are closing on 25th March 2020

ENTRY FEES

Distances	Cost	Late entry
21,1km Run	R150	R170
10km Walk / Run	R130	R150
5km Fun Run	R80	R100
All athletes over 70 years: Free		

ATM Cash Deposits at Capitec can be made:

- Bank: Capitec
- Account Holder: Eventtiming (KH Bradfield),
- Account Number: 1543764345
- Clearing Code: 470010
- Account Type: Savings
- Branch: Pavillion
- Use your Identity Number as reference and Whatsapp the slip with your reference endorsed on it to 061 505 1416**

TEMPORARY LICENSE NUMBER

21.1km	R60.00
10km	R50.00

COLLECTING OF RACE NUMBERS

All online entries for 10km and 21.1km will receive a T-shirt.

Kingspark Athletic Stadium

Friday 27 March: from 13h00 to 17h00
Saturday 28 March: from 10h00 to 16h00
Sunday 29 March: from 04h30 to 06h15

All Finishers will receive a Discovery Vitality Series Medal.

Get a
limited edition
Vitality Run Series
medal

Make sure you
earn all three



KWAZULU NATAL ATHLETICS

PRIZE GIVING

Starts at 09h00

21.1km marathon (men and women)					
Position	Open	35 – 39 years	40 – 49 years	50 – 59 years	60+ years
1	R750	R300	R300	R300	R300
2	R500				
3	R400				

10km Run (men and women)						
Position	Open	35 – 39 years	40 – 49 years	50 – 59 years	60+ years	Junior
1	R500	R200	R200	R200	R200	R300
2	R400					R200
3	R300					R100

10km Walk (men and women)			
Position	1	2	3
	R500	R400	R300

For all queries contact : Amres Moodley 083 243 5467 | Cindy Padavattan 082 563 3882 | Krish Vadivelu 073 594 5448

RACE RULES AND INFORMATION

- All participants must be 16 years or older for the 21km Run and 14 years and older for the 10km Run/Walk.
- 5Km Fun run, participants under 12years must be accompanied by an adult
- Cut-off time : 3.30hours
- Registered athletes must run 10km/21km in their club colours with 2020 licence numbers displayed on the front chest and back of vest, or Crop Top/T-shirt.
- Where a Competition/Race Number is used, it must be placed so that the ASA Licence Sponsor and the ASA Province/Year remains visible above the Competition/Race Number. The licence numerals may be covered. Athletes who fail to adhere to this rule may be disqualified.
- All participants must be medically fit to run/walk and should fully understand that entry is entirely at their own risk and that the organisers as well as the sponsors will not be held responsible for any injury or illness incurred.
- All races will be run subject to the rules of WA IAAF, ASA and KZNA.
- Refreshment tables will be provided every 3kms. Toilets provided at the start/finish.
- Presentation will take place at 9:00am.
- Tog bag facilities will be available – at own risk.
- All foreign athletes must abide by WA (IAAF) rule 4.2, 22.1 and 145 together with ASA Rule 9.
- No personal seconding.
- All participants to obey traffic officials, technical officials and marshals.
- Temporary licence runners to wear plain clothes – tops and shorts with no advertising.
- Entry fees not refundable for any reasons whatsoever including cancellation of the event.
- Temporary licenced athletes are not covered by the ASA National Insurance Policy.
- Temporary licences must be worn on the back of the vest or Crop Top/T-shirt with the Competition/Race Number on the front.
- Holders of temporary licences will be eligible for individual prizes and may claim age category prizes in keeping with IAAF and ASA Rules.

Indemnity: I agree not to hold KZNA and any sponsor, or any person assisting in the organisation or holding of the event liable for any injury or illness, which i may suffer directly or indirectly as a result of participating in the event, or for any damage to my property or loss of my property which I may suffer directly or indirectly as a result of participating in the event.

By entering this race which forms part of the Discovery Vitality Run Series, you hereby agree to share relevant personal information with Discovery Vitality (Pty) Ltd and related third parties.

Entry Form

Name: Surname:

ID No: Age: Gender: Male Female

Club: ASA Number:

Province: Temp. Licence: Yes No

E-mail: Cell No :

Race Entered: 5km 10km run 10km Walk 21.1km Run T-Shirt Size: 21.1km / 10km

JNR OPEN: 35-39 40-49 50-59 60+

Athlete's Signature: Date: