



CHECKOUT™

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VERULAM FALCONS ATHLETIC CLUB

CELEBRATING

20
YEARS

PRESENTS THE



CHECKOUT™

HALF MARATHON & 10KM RUN/WALK

IDEAL 2 OCEANS AND COMRADES TRAINER



- Quality
- Service
- Savings

- KwaZulu Natal** - DURBAN - Lancers Road
 CHRYSWORTH - Bayview-Worlford-Moerton
 Westville-Shealoooy
Pietermaritzburg - Plaza-Westham - Woodview-Izanala
NORTH COAST - Verulam-Tongaat-Stanger-Ekwebe-Malmoth
PMB - Ralathorpe-Pietermaritz Street-Knuck
PMB China City
NEWCASTLE - Upleven-Desfontain
SOUTH COAST - Masepe-Umzile-Herding-Kokstad
HIGHWAY - Newlands-Norwest-Pinetown-Mantel
Blomo-Mboko-Lusikali
Alibone-Khayaliba-Bentebavel
Plat Relief-Standerfontein-Leandra-Witbank-Secunda
Marabastad-Migel-Lanasa-Grand Place Lanasa
Northern Province - Tsoho-yandou-Lydenburg

DATE: SUNDAY 2ND APRIL 2017
TIME: 06:00am - 06:15am
VENUE: KINGS PARK ATHLETIC STADIUM

PRICED RIGHT



	21KM RUN/WALK	10KM RUN/WALK
START	6:00am	6:15am
END	10:00am	10:15am
FEE	R100.00	R80.00
LATE ENTRY FEE	R130.00	R110.00
TEMPORARY LICENCES	R30.00	R20.00
ONLINE ENTRY	www.eventtiming.co.za	
START/ FINISH	KINGS PARK ATHLETIC STADIUM	

ENTRIES WILL BE TAKEN ON

- Saturday 1st April 2017 at Kings Park Athletic Stadium
- Ground from 13:00pm - 17:00pm
- Sunday 2nd April 2017 at Kings Park Athletic Stadium
- Ground from 4:00am
- Closing Date Pre Entry - 29th March 2017
- Late Entries will be taken on ground from the 1st April 2017

RULES & INSTRUCTIONS

- All participants must be 16 years or older for the 21km Run and 14 years and older for the 10km Run/Walk.
- Cut-off time : 4 hours.
- Registered athletes must run 10km/21km in their club colours with 2017 licence numbers displayed on the front chest and back of vest, or Crop Top/T-Shirt
- ASA/KZNA age category (60mm to 80mm) & W walker tags to be worn front and back of vest; proof of age must be produced on request on race day.
- All participants must be medically fit to run/walk and should fully understand that entry is entirely their own risk and that the organisers as well as sponsors will not be held responsible for any injury or illness incurred during or as a result of the race.
- All races will be run subject to rules of IAAF, ASA and KZNA.
- Refreshment tables will be provided every 3kms. There will be 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 IAAFA rule 4.2 and 142.
- 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.



PRIZES

LADIES/MEN

	FIRST	SECOND	THIRD
21KM RUN			
Open	R400	R300	R200
35-39yrs	R200	R150	R100
40-49yrs	R200	R150	R100
50-59yrs	R200	R150	R100
60yrs & older	R200	R150	R100
Junior	R200	R150	R100
Team Prizes	4xR100		
Walk	R200	R150	R100
10KM RUN/WALK	R200	R150	R100

ENQUIRIES

KRISH VADIVELU TEL: 032 533 5608 / CELL: 073 594 5448
 AMRAS MOODLEY CELL: 083 243 5467
 JOYCE MOONSAMY CELL: 076 910 8575
 verulam.falcons@gmail.com

Name:

ID No: Licence No:

Age: Sex:

Club: Province:

S.A Citizen: Yes/No: S.A Permanent Citizen: Yes/No:

E-mail: Cell No:

Race Entered: (e.g: 21km)

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

Athlete's Signature: Date: