

# Z N O J SA MEN *Run 2023* RULES

1. SA MEN RUN held in accordance with WA, ASA and KZN rules.
2. The number of license may be covered with the competition number issued.
3. Both provincial license MUST be worn in the upper part of vest/crop top (front and back).
4. Please bring proof of payment when collecting run/walk number.
5. Post hydration provided.
6. Tog bags facility will be provided - own risk.
7. All participants must wear ASA approved KZNA 2023 license and relevant age category tags on the upper part of vest/crop top (front and back).
8. All relevant age categories must be clearly visible.
9. No refunds.
10. No pacing permitted.
11. Club kit to be worn.
12. Temporary license athletes must wear apparel with no branding and temporary license must be worn on upper part upper part of vest/crop top - at the back if special race numbers are worn on front. Holders of Temporary licences will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rules.
13. Temporary license athletes are not covered by ASA insurance.
14. Participants must obey Marshalls, traffic officials and race officials.
15. All foreign athletes must comply with WA Rule 4.2, 22.1, 142 and ASA Rule 9.
16. 10km from 14 years of age, 5km from 9 years of age. Junior athletes must be 19 years and younger on 31 December in the year of the competition and must wear a 'J' on the upper front and back of the vest/crop top in order to be eligible for prizes. Proof of age must be provided on race day for the prize eligibility.
17. Proof of age will be required for all categories winners.

# Z N O J SA MEN *Run 2023*

AS THEY HOST A FIRST OF IT'S KIND SPORTING CHALLENGE THAT SEEKS TO RAISE AWARENESS OF GBV, WHILST ENCOURAGING MEN TO FOCUS ON THEIR HEALTH AND WELL-BEING HOLISTICALLY

**INDODA EVIKELAYO IYAPHILA**

**10 KM RUN/WALK  
5 KM FUN RUN/WALK**

**SUNDAY 16<sup>th</sup> JULY 2023  
RUN STARTS @07:00**

**@KINGS PARK ATHLETIC STADIUM**

**TSHIRTS AND MEDALS TO ALL FINISHERS**

EARLY BIRD: **R150** (CLOSES ON 11 JULY) LATE ENTRY: **R200**

ONLINE RACE ENTRY ON [www.eventtiming.co.za](http://www.eventtiming.co.za)

COLLECTIONS: 15 JULY 07:00 TO 16:00 @ KINGS PARK ATHLETICS STADIUM  
MAXIMUM ENTRIES: 1000 | NO COLLECTIONS ON THE DAY OF THE RACE

Sihle Shange **073 470 9842** | Mike Nzimande **084 425 2524**





# ENTRY FORM

For official use (Race number) .....

Surname:.....  
 First name:.....  
 ID NUMBER:.....  
 RSA Citizen (Y/N):..... Gender:.....  
 Date of birth:..... Age:..... Passport number:.....  
 Club:..... Province:.....  
 Postal Address:.....  
 Physical address:.....  
 Cell No:..... Email Address:.....  
 Home No:..... Work No:.....  
 2023 License No:.....  
 Race entered (10km)

OPEN ■ WALKER ■ JUNIOR ■ 35-39 ■ 40-49 ■ 50-60 ■

**Indemnity:** I acknowledge that any payments not honoured by my bank will render me liable for any costs incurred as well as disqualifying from participation. I'm medically fit to run and fully understand that I now enter at my own risk and indemnify race sponsors and organizers against any claim which may arise from my participation.



# 2023 SA MEN

## Run 2023

### PRIZE MONEY

OPEN	WALKER	JUNIOR	35-39	40-49	50-60
R5,000	R3,000	R1,500	R1,000	R1,000	R1,000
R3,000	R2,000	R1,000	R750	R750	R750
R2,000	R1,000	R500	R500	R500	R500
R1,000					
R500					
R11,500	R6,000	R3,000	R2,250	R2,250	R2,250
<b>TOTAL</b>	<b>R29,500</b>				

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