

10
AUGUST
2024



Venue:
**Inkamana Abbey Sports
Grounds, Vryheid**

Start time: 07:00 am

**Enter at Pick n' Pay or at
www.webtickets.co.za**

Entry fees

21.1km: R240 (late registration R260)
Grandmasters R190
Great-grandmasters Free

10km: R160 (late registration R180)
Grandmasters R110
Great-grandmasters free

5km fun run: R90 (late registration R110)
Grandmasters R40
Great-grandmasters free

Temporary Licences: 21.1km = R80, 10km = R50

21.1 **KM**

10 **KM**

5 **KM**
FUN RUN

Prize-Giving at 09:30am

21.1km (Ladies & Gents)

1 - R3000
2 - R2200
3 - R1000

Category Winners only (Ladies & Gents)

Juniors - R250
Veterans (40 - 49) - R250
Masters (50 - 59) - R250
Grandmasters (60 - 69) - R250
Great Grandmaster (70+) - R250

10km (Ladies & Gents)

1 - R2200
2 - R1200
3 - R800

Category Winners only (Ladies & Gents)

Juniors - R200
Veterans (40 - 49) - R200
Masters (50 - 59) - R200
Grandmasters (60 - 69) - R200
Great Grandmaster (70+) - R200

Medals
FOR ALL FINISHERS



For enquiries WhatsApp or call: Thami @ 067 112 8099 | Minenhle @ 073 763 9998



Race Information.

- Online entries close on 02 August 2024, thereafter late entry fees will apply.
- Substitutions may be done on the 9th of August at Inkamana Abbey. A fee will be charged for each substitution. No substitutions will be done on race day.
- Race number collection will take place on 9th of August 2024 from 10h00 a.m. to 18h00 p.m., and on race day from 05h00 a.m. to 06h45 a.m. Race number collection will take place at Inkamana Abbey.
- *Entries will be taken on race day morning from 05h00 a.m. to 06h45 a.m.*
- Tog bag facility will be provided at owner's risk.

Race rules.

1. The race is run under the rules of the WA, ASA, and the KZNA.
2. The 21km is open to all licensed and all non-licensed runners/walkers of 16 years and over. The 10km is open to all licensed and non-licensed runners/walkers of 14 years and over. The 5km fun run is open to all runners/walkers of 9 years and over.
3. We regret that due to the nature of the course wheelchair athletes cannot participate.
4. All foreign athletes must abide by the WA Rules CR 1.7, TR 4.1, TR 4.2
5. All participants must abide by the rules of the event, WA, ASA, and KZNA.
6. Participants partake at their own risk and hereby indemnify the national and provincial bodies, sponsors, and organisers of the race against any action or claim of whatever nature which may result from the athlete's participation in the event.
7. No personal seconding is allowed. Waterpoints at every 3km will have adequate refreshments.
8. Runners must obey all marshals, technical officers, and traffic officers.
9. No ear plugged devices allowed during the race, excluding hearing aid devices in accordance with WA Rule TR 6.3.2
10. All athletes participate at own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name of their next of kin on both the race number and entry form.
11. No pets are allowed.
12. Licensed athletes must wear club colours and their 2024 ASA license number back and front of the vest, with race number worn at the front of the vest but not obscuring the ASA license. The race number must be placed so that the ASA licence sponsor and the ASA Province/Year remains visible above the race number. The licence numerals may be covered. Athletes who fail to adhere to this rule may be disqualified – refer to ASA Rule 26.1.8
13. Licensed athletes who do not wear their 2024 license numbers must purchase a temporary license or face disqualification. A disqualified athlete will not be eligible for any prize or medal.
14. Athletes may NOT replace ASA licence numbers with race numbers under any circumstances.
15. New ASA age category (60mm to 80mm) tags & "W" walker tags to be worn on front & back of vest and must be clearly visible to qualify for category prizes.
16. ASA rule 22: Junior athletes (19 years or younger on 31st December 2024) must wear a "J" on the upper front and back of vest or crop top to be eligible for prizes, if any; and must provide proof of age on race day.
17. A temporary license must be worn at the back of the vest and the race number at the front of the vest. Temporarily licenced runners are eligible for prizes.
18. ASA Rule 25.6.15: Temporarily licenced athletes are not covered by a national insurance policy.
19. Should the race be cancelled due to unforeseen circumstances, NO refunds will be processed.
20. Cut off times: 21.1 km is 3 hours 30 minutes; and 10km is 2 hours.
21. 21.1km entrants may finish only the 10km if desired but will not qualify for 10km prizes.
22. Prize giving will commence at 09h30 a.m. Proof of age is required for all category prizes' winners. Objections must be lodged within 30 minutes before or after prize giving in writing to the Chief Race Referee accompanied by deposit of R500 which is refundable if appeal is upheld or forfeited if the appeal is unsuccessful.
23. Place your litter at the litter stations to be provided at all waterpoints.