

DIRECTIONS TO VENUE



R59 SOUTH OF JOHANNESBURG

- Follow the R59 Highway (Vereeniging) from the south of Johannesburg/Alberton area.
- Take the R557 Midvaal/Walkerville off-ramp & keep left. Continue to the T-Junction. (Daleside, right here)
- Proceed to the 1st stop street in Daleside, turn left and follow Karee Road out of town to Kareekloof.
- The route will be sign posted from the off-ramp.

N3 EAST OF JOHANNESBURG

- Alternatively use the N3 travelling towards Heidelberg.
- Take the Heidelberg / Benoni R23 off-ramp. Turn left at the top and proceed to the T-Junction.
- Turn left onto the R23, pass Heidelberg town on your left.
- Take the R42 H.F. Verwoerd off-ramp, turn right onto the R42 towards Meyerton.
- After approx 24km you will reach the R557 Kareekloof 4 way junction, turn right and proceed to the Kareekloof entrance of the Suikerbosrand Nature Reserve.

GPS CO-ORDINATES

S26 31 03 E28 11 35

MAP



RACE ENQUIRIES

BRIAN GOULD: 078 457 6893
CHERYL GOULD: 079 590 7259

RULES:



1. The race is run in accordance with the rules of A.S.A & A.V.T. All athletes indemnify the national, provincial and regional bodies, sponsors and organizers of this race, national provincial and regional bodies, sponsors and organizers of the race.
2. Registered athletes must be a member of a club affiliated to A.S.A and are to wear their full club colours and 2013 license numbers on the back of the vests.
3. Official race numbers are to be worn on the front of the vest for the events being the 52km, 21.1km and 10km's.
4. Minimum age on the race day for the 52km Ultra Marathon event is 20 years, 21.1km Half Marathon is 18 years and the 10km is 15 years.
5. Temporary Licenses will be on sale at the start providing that the limited entries have NOT been reached by pre-entries. Temporary Licensed athletes are to wear plain clothing with the issued license number displayed on the front and back of the upper garment.
6. Walkers are welcome on the 21.1km and 10km events. Walkers must identify themselves with a "W".
7. Regret no wheelchair athletes due to the course profile.
8. No seconding allowed and no vehicles apart from official race organiser's vehicle will be allowed on the route.
9. Proof of age may be required for the prize winners. This should be presented to referees before the prize-giving. Prizes will be withheld until confirmed.
10. No blade, cyclist, prams or mechanically operated device is allowed in the race.
11. No refunds.
12. All international athletes must provide clearance letters from their respective country of origin to the referee in the event of them being a prize winner.

PROUD SPONSOR



PRESENTING THE FORDYCE 52KM, 21.1KM, & 10KM



Comrades Qualifier Race



21ST MARCH 2013
at
KAREEKLOOF
SUIKERBOSRAND NATURE RESERVE

ENTRY FORM



OFFICE USE ONLY

RACE NUMBER: _____ LICENSE NUMBER: _____

	10 KM	21.1KM	52KM	TEMP LICENSE	TOTAL
PRE-ENTRIES	R40.00	R80.00	R140.00	R30.00	
PRE-ENTRIES - GM & GGM	R20.00	R40.00	R 70.00	R30.00	
LATE ENTRIES	R50.00	R100.00	N/A	R30.00	

SURNAME : _____ FIRST NAME : _____
 INITIALS : _____ AGE ON RACE DAY : _____
 NO OF FORDYCE ULTRA'S COMPLETED : _____ PERMANENT NUMBER : _____
 MOBILE NUMBER : _____ MALE : FEMALE :
 EMAIL ADDRESS : _____
 ID / PASSPORT NUMBER : _____ CLUB : _____
 PROVINCE : _____ LICENSE NUMBER : _____
 T-SHIRT SIZE : S _____ M _____ L _____ XL _____ XXL _____

SHIRTS AVAILABLE TO THE FIRST 250 ENTRIES RECEIVED ON THE 52KM RACE
 SHIRTS AVAILABLE TO THE FIRST 100 ENTRIES RECEIVED ON THE 21KM RACE

CATEGORIES : JUNIOR ≤20 OPEN 40+ MASTER 50+ G MASTER 60+ GG MASTER 70+ (CIRCLE)

BANKING DETAILS FOR DIRECT DEPOSITS & ELECTRONIC TRANSFERS ONLY

Payable to Sunward Athletics Club

Absa Bank

Boksburg Branch : 630-342
 Account Number : 1012190359

Declaration: I am medically fit to run and understand that I enter at my own risk. I declare that I am a member of an amateur club. I indemnify the national, provincial and regional bodies, sponsors and organisers of the race against all or any actions of whatever nature, whether same may be arising out of their participation in the race.

Signature: _____
 Parent or Guardian (if under 21 years of age)



RACE DETAILS

DATE 21ST MARCH 2013
 VENUE KAREEKLOOK FACILITY
 SUIKERBOSRAND NATURE RESERVE
STARTING TIME
 52KM : 06:00 - Cut off Time 7.30 min
 52KM - PRE ENTRIES ONLY
 21.1KM : 07:00 - Cut off Time 3.30 min
 10KM : 07:00 - Cut off Time 2 hrs

(GATES OPEN AT 4:00AM AND WILL CLOSE BETWEEN 05:50 - 06:20 IN ORDER TO ALLOW ATHLETES TO PASS THROUGH UNDISTURBED ON THE 52KM)

Entries on the day open as from 04:30am on the race day.

Tea, Coffee and Cold drinks will be available for sale along with Boerewors Rolls as from 04:00am

ROUTE DESCRIPTION



The 52 km is a circular route running out from the Kareekloof facility turning right and winding along the tarred road through the scenic foothills and valleys of the Suikerbosrand Nature Reserve. It is a tough but most enjoyable run, timed perfectly to coincide with runners completing their long runs in preparation for the Comrades Marathon. The route is completely TRAFFIC FREE & TARRD the entire way with a variety of animals to be spotted along the way.

ENTRY INFORMATION

Email your completed entry form along with your proof of payment to (admin@sunwardac.co.za)

Entries will also be available at the following points:

- Enteronline
- Running Inn
- The Sweatshop - Dunkeld
- The Sweatshop - Centurion
- The Sweatshop - Fourways

ALL PRE-ENTRIES CLOSE ON THE 14TH MARCH 2013. ENTRIES ARE LIMITED DUE TO PARK RULES. ON DAY REGISTRATION WILL ONLY BE AVAILABLE IN THE EVENT OF AVAILABILITY.

Entries will also be available at the following races:
 (Look out for the Sunward Park Gazebo & Umbrellas)

- Arwyp - Kempton Night Race
- PWC George Claassen - PTA
- Johnson Crane
- Sasol Marathon - VAAL
- Alberton City
- Pick n Pay
- TUKS - PTA
- Pirates
- Deloitte - PTA
- Township Marathon
- Sunrise Monster - PTA
- Striders
- Sarens Edenvale

BANKING DETAILS

BANK Absa Bank BRANCH Boksburg
 BRANCH CODE 630 - 342
 ACCOUNT NUMBER 1012190359
 ACCOUNT NAME Sunward Park Athletics Club

PRIZES MENS & LADIES



52 KM EVENT	FIRST	SECOND	THIRD
OPEN	R1,000.00	R500.00	R350.00
VETS 40+	R450.00	R250.00	R150.00
MASTER 50+	R350.00	R150.00	
GRAND MASTER	R250.00		
GREAT GRAND MASTER	R200.00		

21.1KM EVENT	FIRST	SECOND	THIRD
OPEN	R500.00	R300.00	R200.00
VETS 40+	R300.00	R200.00	R100.00
MASTER 50+	R250.00	R150.00	
GRAND MASTER	R200.00		
GREAT GRAND MASTER	R150.00		

10KM EVENT	FIRST	SECOND	THIRD
OPEN	R350.00	R250.00	R100.00
VETS 40+	R200.00	R100.00	R50.00
MASTER 50+	R150.00	R50.00	
GRAND MASTER	R100.00		
GREAT GRAND MASTER	R75.00		
JUNIOR	R100.00		

SHIRTS TO THE FIRST 250 PRE-ENTRIES IN THE 52KM EVENT
 SHIRTS TO THE FIRST 100 PRE-ENTRIES IN THE 21KM EVENT

GOLD MEDALS TO CATEGORY WINNER AND SILVER MEDALS TO ALL FINISHERS IN THE 52KM, 21.1KM & 10KM EVENTS

ACCOMMODATION AVAILABLE AT THE FOLLOWING ESTATES DUE TO KAREEKLOOF BEING CLOSED

De Klip Guesthouse	084 425 0773
Yesterday Today & Tomorrow	083 412 5272
Hoep Hoep Farmstay	083 358 9308
Heidelberg Kloof Lodge	087 942 5502
Dorps Akker Guesthouse	016 341 2479



Fax with POP to 0866198571 or
 TOTAL ENTRY PAID Email to : admin@sunwardac.co.za