



DENEL ROAD RACE 2012

Venue:

Denel Irene Campus

**GPS Coordinates: S 25 53,813
E 28 11,480**

**Don't miss this year's
special medal!**

Time:

10/21,1 km Run/Walk

06:00

Pretloop/Fun Run

06:05

**31 March
2012**

Entry Fee:

10 km

R30

21,1 km

R50

GM & GGM 10 & 21,1 km

R20

Fun Run/Walk

R20

Temporary Licences

R30

Entry information

Online entries: www.enteronline.co.za and www.saactive.com

Pre-entries at various sports stores in Pretoria - close 29 March

RUN-A-WAY SPORT, Glenfair Centre - (012) 361 3733

The Sweat Shop, Southdowns Shopping Centre, Irene - (012) 665 0048

Running Inn, Cnr Duncan and Lynnwood - (012) 362 7322

Pre-entries at various sports stores in Johannesburg - close 28 March

The Sweat Shop, Dunkeld West - (011)325 2567

The Sweat Shop, Fourways Crossing - (011) 467 5966

Come early - only one entrance gate!

Entries on the day from 04:30 to 05:55



Navrae/Enquiries:

Corrie Fourie - 083 629 2644

Kierie van der Schyff - 082 804 4803

PRYSGELD & MEDALJES / PRIZE MONEY & MEDALS

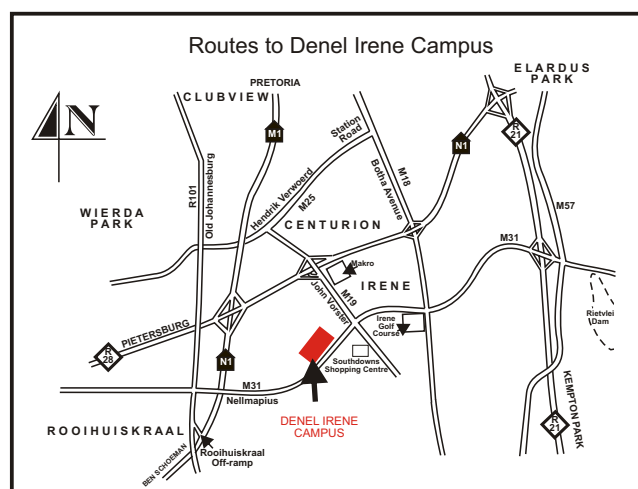
CATEGORY	RUNNERS 10 km MEN & WOMAN	RUNNERS 21,1 km MEN & WOMAN	RUNNERS MEDALJES/ MEDALS 10 & 21,1 km MEN & WOMEN	WALKERS MEDALJES/ MEDALS 10 & 21,1 km MEN & WOMEN	WALKERS PRIZE MONEY 10 & 21,1 km MEN & WOMEN
1 st OPEN	R300,00	R400,00	GOUD / GOLD	GOUD / GOLD	R150,00
2 nd OPEN	R200,00	R250,00	GOUD / GOLD	GOUD / GOLD	R100,00
3 rd OPEN	R150,00	R200,00	GOUD / GOLD	GOUD / GOLD	R75,00
1 st VETERAN (40-49)	R100,00	R150,00	GOUD / GOLD	GOUD / GOLD	R50,00
1 st MASTER (50-59)	R75,00	R100,00	GOUD / GOLD	GOUD / GOLD	R50,00
1 st GRANDMASTER (60-69)	R75,00	R75,00	GOUD / GOLD	GOUD / GOLD	R50,00
1 st GGRANDMASTER (70+)	R50,00	R50,00	GOUD / GOLD	GOUD / GOLD	R50,00
1 st JUNIOR	R75,00	R100,00	GOUD / GOLD	GOUD / GOLD	R50,00

- Silwer medaljes aan almal wat die wedlope binne die afsnytyd voltooi./ Silver medals to all finishers within the time limit.
- Die eerste 2000 medaljes sal op wedloopdag uitgedeel word, die res sal beskikbaar wees by verskillende wedlope van Gauteng Noord tot einde Mei 2012 / The first 2000 medals will be handed out on the day of the race, the rest will be available at different races within Gauteng North until the end of May 2012.
- Pretloop/Fun Run: Medaljes aan alle voltooiers. Geen prysgelde./ Medals to all finishers. No prize money.

PLEASE NOTE: THERE IS NO TOG-BAG AREA / LET WEL: DAAR IS NIE 'N AREA VIR SPORTSAKKE NIE

RULES & INFORMATION FOR 10 & 21,1 km RACES

1. Race run according to the rules of ASA and AGN.
2. Temporary licenses will be available @ R30,00.
3. Minimum age: 15 years for 10 km and 16 years for 21,1 km.
4. Junior category winners: ID books must be submitted.
5. Time-limit: 100 min for 10 km and 210 min for 21,1 km.
6. All registered athletes must participate with 2012 race numbers on front and back of vest/shirt.
7. Athletes not registered must wear temporary licenses on front and back.
8. Prescribed numerical age category id tags must be worn by all runners and walkers competing for category prizes. Please ensure that these tags are attached in the prescribed positions, and are clearly visible. Further note that category winners must attend the prize giving in person.
9. All walkers must wear prescribed "W" id tags on the front and back of their vests. These tags must be attached in the prescribed positions and clearly visible. Walkers without these tags will be considered as runners.
10. Race results will only be published on the Internet (www.raceresults.co.za).
11. No baby-strollers or dogs on leashes are allowed on the 10 and 21,1 km races.
12. Traffic police and marshals must be obeyed at all times.
13. Foreign athletes must also adhere to IAAF rule 4, paragraph 2.
14. No iPods, or any other sound system with earphones, are allowed while participating.
15. Water points approximately every 3 km.
16. Medical assistance will be available.
17. Cash bar and food stalls.



REÛLS & INLIGTING VIR 10 & 21,1 km WEDLOPE

1. Wedloop vind plaas volgens die reëls van ASA en AGN.
2. Tydelike lisensies sal beskikbaar wees @ R30,00.
3. Minimum ouderdom: 15 jaar vir 10 km en 16 jaar vir 21,1 km.
4. Junior kategorie wenners: ID boekie moet getoon word op aanvraag.
5. Afsnytyd: 100 min vir 10 km en 210 min vir 21,1 km.
6. Alle geregistreerde atlete moet deelneem met 2012 wedloopnummers op die voorkant en agterkant van die hardlopfrokke.
7. Atlete wat nie geregistreer is nie, moet tydelike lisensie aan die voor en agterkant van die frokkie/hemp dra.
8. Voorgeskrewe numeriese kategoriekentekens moet deur alle hardlopers en stappers wat meeding om kategoriepryse op die voor-en agterkant van frokkies in die voorgeskrewe posisies gedra word. Maak seker dat hierdie tekens duidelik sigbaar is. Neem verder kennis dat kategorie-wenners tydens prysuitdeling persoonlik teenwoordig moet wees.
9. Alle stappers moet die voorgeskrewe "W" kenteken op die voor-en agterkant van hulle frokkies in die voorgeskrewe posisies dra. Maak ook seker dat hierdie kentekens duidelik sigbaar is. Stappers sonder die "W" kenteken sal as hardlopers gereken word.
10. Wedloop uitslae sal slegs gepubliseer word op die Internet (www.raceresults.co.za).
11. Geen baba-stootwaentjies of honde aan leibande word op die 10 en 21,1 km wedlope toegelaat nie.
12. Verkeersbeampies en wedloopbeampies moet ten alle tye gehoorsaam word.
13. Buitelandse atlete moet ook voldoen aan IAAF reël 4, paragraaf 2.
14. Geen iPod, of enige ander klankstelsel met oorfone, mag tydens die wedloop gebruik word nie.
15. Waterpunte ongeveer elke 3 km.
16. Mediese bystand sal beskikbaar wees.
17. Kontant kroeg en kosstalletjies.

Deelname op eie risiko. Die Organiseerders aanvaar geen verantwoordelikheid vir verliese, skade of beserings nie.

Participation at own risk. The Organisers accept no responsibility for any loss, damage or injuries.