

ICE BREAKER



21.1KM
10KM
5KM

6 July 2024 *Garsfontein Primary School*

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	PRIZE GIVING	CUT OFF	LATE ENTRIES	VITALITY POINTS
21.1KM	R200	07:00	16 Years	09:00	10:30	R220	1500
10KM	R140	07:00	14 Years	08:30	10:30	R160	600
5KM	R60	07:15	9 Years	None	10:30	R70	FUN RUN

Temporary license required for non registered athletes on the 21.1km & 10km: R60
70+ athletes: 50% discount on entry fee

ONLINE ENTRIES FROM 10 MAY 2024 - www.entryinja.com (until 1 July 2024)

MANUAL ENTRIES

• Run-A-Way Sport (302 Friesland St, Lynnwood Ridge)
From 13 May to 4 July (please check with shop for operating hours)
LATE ENTRIES AND RACE NUMBER COLLECTION

• Dutch Reformed Church Garsfontein (285 Emmie Hartmann Str.)
5 July from 13:00 until 17:30
• At the venue (Garsfontein Primary School - Patronella Str. - entrance)
Race day from 05:30

Scan here
for easy
entry



PRIZE MONEY

Male & Female

Position	Open	Junior	40-49	50-59	60-69	70-79	80+
21.1km Run							
First	R700	R400	R200	R200	R200	R200	R200
Second	R400	-	-	-	-	-	-
Third	R300	-	-	-	-	-	-
10km Run							
First	R500	R250	R150	R150	R150	R150	R150
Second	R300	-	-	-	-	-	-
Third	R150	-	-	-	-	-	-
21km Walk				10km Walk			
First	R350			First	R250		

RULES AND ADDITIONAL INFORMATION

The race is run in accordance with the rules of ASA and AGN.

- Athletes who do not adhere to the rules, will be disqualified.
- Licensed athletes must wear 2024 licenses at the back and in front of their vests, temporary licenses must be worn at the back of vest.
- Race numbers must be worn in front of the vest and should NOT cover the logos of the license number.
- Walkers competing for prize money must wear W tags on the front and back of their vest.
- An athlete can qualify for prize money in the open category as well as the age category that he/she entered for.
- Age category tags must be worn in front and at the back of vest by athletes competing for category prizes.
- Please obey all marshals, traffic authorities and traffic rules.
- No seconds, cyclists, pats or roller blades allowed. No iPods or listening devices.
- All athletes participate solely at their own risk and the organizers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during or as a result of the race.



- Club gazebo's welcome
- Dustbins at water points
- Coke and water +/- every 3km
- Medical services will be provided
- Refreshments will be on sale at the venue
- Tog bag area will be available
- Parking in streets surrounding the school – security guards will be on-site
- Please arrive early to avoid traffic congestion
- Race results available on results.finishstime.co.za

NO LITTERING ALONG THE ROUTE PLEASE #RUNCLEAN

• Paul Kirby - 082 200 4219

• Office - 012 361 3618 • Wingate Road Runners - 072 864 2908

Race organized by Dutch Reformed Church Garsfontein & Wingate Road Runners

All proceeds from the race will be used for charity outreaches by the Church