

# RUN-A-WAY SPORT

## FAMILY DAY

6km | 22 | Starting  
11km | April | time  
22km | 2019 | 07:00

Lynn Ridge Mall  
cnr. Jacobson- & Lynnwood Rd,  
Lynnwood Ridge, Pretoria

GPS: 25° 45' 947" S  
28° 17' 917" E

# GARBIE



### ENQUIRIES:

Daan du Toit: 082 572 4169

Paul Kirby: 082 200 4219

## RUN/WALK

in aid of



in partnership with

**RUN WALK**  
**FOR LIFE**  
ATHLETICS CLUB GAUTENG NORTH



## Athletics Gauteng North

Run-A-Way Sports: 012 361 3733

# SPOT PRICES GALORE!

## ENTRIES:

Pre entries from 6 March to 19 April 2019 at :

- Run –A- Way Sport, 302 Freesia Street, Lynnwood Ridge 012 361 3733
- The Sweat Shop, South Downs, Centurion 012 665 0048
- On Line: [entrytime.com](http://entrytime.com) from 6 March to 16 April 2019
- Entries on race day from 05:00

FEES	6km	R50	Non-Registered Athletes 11km and 22km must buy a Temporary Licence at R40
	11km	R70	
	22km	R90	

## MEDALS:

DISTANCE	GOLD	SILVER	BRONZE
6 km	10	100	The Rest
11km	Category Winners	100	The Rest
22km	Category Winners	100	The Rest

## PRIZE MONEY - RUNNERS & WALKERS:

MEN & WOMEN (11km and 22km)

CATEGORY	FIRST	SECOND	THIRD
OPEN	R300	R200	R100
40 - 49	R100	-	-
50 - 59	R100	-	-
60 - 69	R100	-	-
70+	R100	-	-
80+	R100	-	-
JUNIOR	R100	-	-

## RULES:

- The race is run in accordance with the rules of ASA and AGN.
- All athletes must wear the race number on front of their running vests, covering of the logos on the ASA Licence number is not allowed. Registered athletes must wear their 2019 licence numbers on the front and back. Non registered 11km & 22km athletes must purchase a temporary licence and wear it on the back.
- Athletes competing for age category prizes must display the official numerical age category tags on the front and the back of their vest.
- Proof of age will be required to be presented to referees before prize giving.
- Walkers competing for prizes must wear the official "W" or "WALKER" insignia on the front and the back of their vest.
- International athletes must abide by the IAAF rule 4.2. which states that they must provide a clearance letter from the Athletics Federation of their country of origin to be eligible for a prize.
- No seconding is allowed during the race.
- No Blade, Bicycle or mechanically operated device will be allowed in the race. Manually operated wheelchairs are allowed.
- The age restrictions for participants in the 11km and 22km races must be 14 years and 16 years respectively.
- No IPods or listening devices are allowed in the race.
- Athletes participate at their own risk and indemnify the organisers, sponsors and national and provincial bodies against any claims that may arise.
- Animals not allowed.
- There will be refreshment points at 3 km intervals along the route.
- Medical support and Tog bag facilities will be available.
- Cut off time for all distances 10:00
- Prize giving at 10:00.

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