



Quatro

# Race of Hope

18 MAY 2024 • 7AM

5km, 10km & 21.1km



Athletics  
Gauteng North



For more enquiries: Paul: 082 200 4219

Cnr. Lynnwood & Simon Vermooten, Equestria, Pretoria

the grove  
mall

## ENTER

**Online entries:** [www.entryninja.com/events](http://www.entryninja.com/events) from 8 April - 17 May 2024. **Manual entries** from 8 April - 17 May 2024 at Run-Away-Sport 012 361 3733, weekdays 9:00-17:00 and Saturdays 9:00-13:00. **Race day entries** at the venue from 4:00 - 6:45.

**Race number collection:** The Grove Mall 17 May 2024 from 9:00 - 18:00 & 18 May 2024 from 4:00 - 6:30

ENTRY FEES:	21.1KM	10KM	5KM
70+	free	free	free
All other categories	R200	R150	R80
Temporary licences	R60	R60	

## PRIZES: RUNNERS AND WALKERS - 10KM & 21.1KM

Mens Category	1st	2nd	3rd	Womens Category	1st	2nd	3rd
Open	R500	R300	R200	Open	R500	R300	R200
40-49	R200			40-49	R200		
50-59	R200			50-59	R200		
60-69	R200			60-69	R200		
70-79	R200			70-79	R200		
80+	R200			80+	R200		
Junior	R200			Junior	R200		

Prize giving will commence at 09:00 for the 10km and 10:00 for the 21.1km or as soon as the results are available.

### RULES & REGULATIONS:

1. The entrants will participate under the rules of ASA and AGN and it the entrant's responsibility to familiarise themselves with the rules. 2. The race numbers must be worn on the front of the vest and must not cover the ASA Logo. 3. Athletes participate at their own risk and indemnify the organisers, sponsors and national and provincial bodies against any claims that may arise. 4. Licensed athletes must wear their ASA 2024 licence numbers in the front and the back of their vests when participating in the 10km & 21.1km race. Walkers must wear their 'W' tags to qualify for prize money. 5. Unlicensed athletes in the 10km & 21.1km race must purchase a temporary licence and wear it on the back of the vest. 6. Athletes competing for age category prizes must display the official numerical age category on the front and the back of the vest. 7. Minimum age for participants in the 10km race is 14years and in the 21.1km is 16years on the race day. 8. Category winners must provide proof of age to qualify for prizes. 9. Marshals and Traffic Officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification. 10. No seconding is allowed during the race. 11. No iPods, or listening devices are allowed in the race. 12. No Blade, Bicycle or mechanically operated device will be allowed in the race. 13. Entry fees will not be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers. 14. Cut-off times - 10km:2hrs, 21.1km:3hrs. 15. No pets are allowed. 16. There will be refreshment points at 3km intervals along the route. 17. Medical support and Tog Bag facilities will be available. 18. Club Gazebos are welcome.