



**KHOSA
ROAD RUNNERS**

TIMBERCITY

Your Project Partner



**15KM
& 5KM**

PRESENTS

NEED SOME HILL TRAINING?
TRY OURS... WE DARE YOU...



THE MOTHER OF ALL RACES



10 MAY 2020



MOTHERS DAY EXTRAORDINAIRE

FIRST EVER 5KM TEAM FAMILY CHALLENGE - BRING MOM, MOM-IN-LAW, GRANDMA & THE REST OF THE FAMILY - TAKE UP THE CHALLENGE

DATE: SUNDAY, 10 MAY 2020
TIME: 15KM 06:30 - 5KM 6:45
ENTRIES: ENTRYTIME & RACE DAY FROM 05:00
VENUE: KHOSA SPORTS CLUB, STAN FRIEDMAN SPORTS GROUNDS;
 CNR SHANNON & FREDERICK COOPER DRIVE, MONUMENT

15KM ENTRY FEE: R110.00
GRAND MASTERS: R 50.00
TEMP LICENSES: R 30.00

BRING YOUR FRIENDS AND TAKE ON
 THE TEAM 5KM CHALLENGE!!!

5KM FUN RUN : R40 PER ENTRANT / TEAM MEMBER

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RULES

PRIZES

Men & Women	1	R 375.00
Juniors	1	R 1500.00
Open	2	R 1125.00
Open	3	R 750.00
Veterans	1	R 525.00
Masters	1	R 375.00
Grand Masters	1	R 300.00
5KM FAMILY	1	R 300.00
Complete Family		
5KM TEAM	1	R 300.00
Complete Team		

1. THE RACE IS RUN IN ACCORDANCE WITH THE RULES OF CGA AND ASA.
2. REGISTERED ATHLETES MUST BE MEMBERS OF A CLUB AFFILIATED TO ASA AND WEAR CLUB COLOURS WITH LICENSE NUMBER DISPLAYED ON THE FRONT AND THE BACK OF THE VEST. ONLY 2020 CGA LICENSES WILL BE ALLOWED.
3. TEMPORARY LICENSED ATHLETES MUST WEAR PLAIN CLOTHING & TEMPORARY LICENSE ON THE FRONT OF THE VEST.
4. ATHLETES DO NOT NEED TO BELONG TO A CLUB TO ENTER THE RACE.
5. RACE TAG IN THE PACKET MUST BE WORN THROUGHOUT THE RACE.
6. TEMPORARY LICENSES MUST BE PURCHASED IF YOU DO NOT BELONG TO A CLUB.
7. ONLY JUNIOR ATHLETES BETWEEN 15&19 YEARS OF AGE MAY QUALIFY FOR PRIZES.
8. RUNNERS MUST BE 15 YEARS OLD OR OLDER ON THE DAY OF THE RACE.
9. NUMERICAL AGE IDENTITY TAGS MUST BE WORN VISIBLY , FRONT AND BACK.
10. NO BLADE, CYCLIST OR MECHANICALLY OPERATED DEVICES ALLOWED IN RACE.
11. ALL TRAFFIC OFFICIALS TO BE OBEYED.
12. ATHLETES INDEMNIFY THE NATIONAL, PROVINCIAL AND REGIONAL BODIES, SPONSORS AND ORGANISERS OF THE RACE AGAINST ALL OR ACTION OF WHATSOEVER NATURE, WHATEVER SAME BE ARISING OUT OF THEIR PARTICIPATION IN THE RACE.
13. FOREIGN ATHLETES ARE TO COMPLY WITH ASA DOMESTIC RULES. FAILURE TO DO SO WILL RESULT IN DISQUALIFICATION.
14. FOREIGN ATHLETES MUST PROVIDE CLEARANCE FROM THEIR CONTROLLING ATHLETICS BODY *IAAF MEMBER FEDERATION*
15. BLIND RUNNERS MUST PRODUCE A BP NUMBER ON REQUEST.
16. NO SECONDING WILL BE ALLOWED.
17. ENTRY FEE IS NOT REFUNDABLE REGARDLESS OF CIRCUMSTANCE.
18. WALKERS AND BLIND RUNNERS ARE WELCOME TO PARTICIPATE IN ALL DISTANCES.
19. REFRESHMENT TABLES EVERY 3KM.
20. SAFE TOG BAG AREA WILL BE PROVIDED.
21. NO CUT OFF TIME.
22. REGRET ATHLETES NOT ALLOWED TO PARTICIPATE WITH PETS *DOGS*.
23. PRIZEWINNERS WILL BE ELIGIBLE FOR PRIZES ONLY IF ALL INFO IS FILLED IN ON THE INFORMATION STICKER/TEAR OFF.
24. R50 ENTRY TO GRAND MASTERS PROVIDED AGE TAGS ARE WORN OR PROOF OF AGE IS PROVIDED.