

RIGHT RUN WALK

PROUDLY BROUGHT TO YOU BY



Pilditch
Athletics Stadium
Maltzan Street, Pretoria West

21 5 km
March 10 km
2022 21.1 km

STARTING TIME 07:00

**PRE ENTRIES FROM
7 MARCH 2022**



The 10km is dedicated to the late Walter Vilakazi, former General Manager of Athletics Gauteng North and a former member of Arcadia Running Club.

Entries will be capped according to the Covid 19 Regulations

PRE ENTRIES

ON THE DAY OF THE RACE FROM 04:00

NON REGISTERED ATHLETES

5 km	R60	OR	5 km	R60	(10km & 21.1km) must buy a Temporary licence at R40
10 km	R100		10 km	R100	
21.1 km	R130		21.1 km	R130	

PRE ENTRIES FROM 7 MARCH 2022 @ THE BELOW OUTLETS:

Run -A-Way Sports 012 361 3733

Online entries from **3 March to 21 March 2022**

On line: www.entrytime.com

Can be collected at **Pilditch Stadium** on **18 March from 10:00 to 18:00**
and **on race day from 04:00**

MEDALS

DISTANCE	GOLD	SILVER	BRONZE
5 km	1 st ten	100	The Rest
10 km	Category winners	200	The Rest
21.1 km	Category winners	200	The Rest

PRIZE MONEY - RUNNERS & WALKERS: MEN & WOMEN (10km & 21.1km)

CATEGORY	First	Second	Third
OPEN	R500	R250	R150
40-49	R200	-	-
50-59	R200	-	-
60-69	R200	-	-
70+	R200	-	-
80+	R200	-	-
Junior	R200	-	-

RULES

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

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 10km and 21.1km races must be 14 years and 16 years respectively. No I Pods 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.

Prize giving at 09:00.

Cut of time for all distances 10:00

Covid 19 regulations to be adhered too.

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 2022 licence numbers on the front and back. Non registered 10km and 21.1km 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.

No seconding is allowed during the race.

Enquiries:

Daan du Toit 082 572 4169

James 082 566 1595