

Supported by



TSHWANE



OPPIE BOL

ROAD RACE

Pilditch Stadium

Pretoria West, Cnr of WF Nkomo (old Church) & Maltzan Str

19 November 2022

10km starts 07:30

2.5/5km starts 07:45

Entries Available at: Pilditch AGN, Spar Les Marais, Sportmans Warehouse (Centurion, Montana) and on race day

**PLEASE CONTACT
CAZLE HENDRICKS**

082 818 2956

or

HEROLD MAKOLA

073 907 8763

Distance:

10km Run/Walk; 5km Run/Walk & 2.5km Run/Walk

All wheelchair athletes starts 10 mins before the starting time

LES MARAIS SPAR & TOPS

SPAR



tops!

Entry Fee:

10km Race = R120

5km Race = R80

2.5km Race = R40

Temporary Licence = R40



**LEAVE NO ONE
BEHIND**



**Athletics
Gauteng North**

In Support of Disability Awareness Month

Prize Money

10km

Men and Women

No category tag, no prize money

Position	Open	Jnr	40-49	50-59	60-69	70+	Walk Open	Disability Open	Wheelchair
1 st	R1000.00	R500.00	R300.00	R500.00	R500.00	R500.00	R800.00	R800.00	R800.00
2 nd	R800.00	R350.00	R350.00	R350.00	R350.00	R350.00	R500.00	R500.00	R500.00
3 rd	R500.00	R250.00	R250.00	R250.00	R250.00	R250.00	R250.00	R300.00	R300.00

RACE RULES AND INFORMATION

- ◇ The entrants will participate under the rules of ASA and AGN; it is the entrant's responsibility to familiarise themselves with the rules.
- ◇ Athlete participate at own risk and indemnify organisers, sponsors, provincial and national bodies against any claims that may arise.
- ◇ Licenced athletes must wear their 2022 licences at the back and front of their vests participating in the 10km races.
- ◇ Unlicensed athletes in the 10km races must purchase temporary licences and wear it on the back of the vest.
- ◇ Race numbers must be worn on the front. The race number must not cover the logo on the ASA licence number.
- ◇ Athletes competing for age category prizes must display the official numeric age category tags on the front and back of their vests.
- ◇ Minimum age for participants in the 10km is 14 years on the race day.
- ◇ All category winners must provide proof of age to qualify for prizes.
- ◇ Marshalls and Traffic Officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification.
- ◇ No seconding is allowed during the race or listening devices are allowed during the race.
- ◇ No Blade, Bicycle or mechanically operated device will be allowed in the race.
- ◇ 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.
- ◇ Cut-off lines; 10km is 2hrs.
- ◇ No pets allowed.
- ◇ Refreshment points 2-3km intervals along the route.
- ◇ Medical support and Tog bag facilities will be available.

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