

VENUE:

PHSOB Club
378 Queens Crescent, Lynnwood, Pretoria



**FIRST 3000
PRE-ENTRIES
GET A FREE
SHIRT!**

**excludes 5km*



RELEASE & WAIVER

In consideration of the acceptance of my entry, I, for myself, my executors, heir's administrators and assigns, do hereby release and discharge Phobians running club, National Provincial bodies, all sponsors, any and all volunteer groups, all medical personnel, any and all local authorities from all claims for injuries, damage of property, or loss I may suffer caused by negligence by them or out of participation in this event, including pre and post race activities. By entering these events, I declare that I agree to abide to the rules of the race and rules of ASA. I am physically fit and sufficiently trained to participate in this event.

CHAMBERLAIN

CAPITAL CLASSIC



SATURDAY, 3 OCTOBER 2026

PHSOB Club: 378 Queens Crescent, Lynnwood

– 21.1KM RUN

starts 06h00

– 10KM RUN

starts 06h00

– 5KM FUN

starts 06h15

RUN THE 21 IN A TRADITIONAL SCOTTISH KILT AND WIN!

Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlain gift card.



GET A FREE T-SHIRT

The first 3000 pre-entries get a free Chamberlain Capital Classic T-shirt excl. 5km, and all finishers will receive a medal.

START YOUR DAY WITH BAGPIPES

Set off to the unique sounds of the MacChamberlain Highlanders pipe band.

Earn Discovery
Vitality Points!



Athletics
Gauteng North
LEAGUE RACE



RACE INFORMATION

RACE	ENTRY FEE	TEMPORARY LICENCE	START TIME	CUT-OFF TIME	MINIMUM AGE	PRIZE GIVING
21.1km	R240	R70	06h00	3.5hrs	16 years	09h00
10km	R160	R70	06h00	3.5hrs	14 years	08h00
fun run	R70	none	06h15	3.5hrs	none	08h00

Entry fees exclude service charges. Non-licensed athletes must buy a temporary licence at R70. Free entry available on race day for blind walkers, blind runners, 70+ (must buy temporary license if not registered). Fun Run: Children younger than 9 years can participate for free but must be accompanied by an adult taking responsibility for the child. Wheelchair athletes welcome. Baby strollers welcome. Tog bag area available at own risk. Club gazebos welcome but fire extinguishers mandatory.

TEMPORARY LICENCES

Only 2026 licence numbers or AGN temporary licences will be valid.

RACE MEDALS

GOLD MEDALS

To all category winners.

BRONZE MEDALS

To the next 3500 runners/walkers in the 21.1km and 10km. 5km fun run finishers to the maximum of 1000.

PRIZE MONEY 21.1KM WOMEN & MEN

POSITION	OPEN	40 – 49	50 – 59	60 – 69	70 +	JNR	W
1st	R2000 + R200 gift card	R750	R500	R300	R300	R300	R1000 + R200 gift card
2nd	R1000 + R200 gift card	R250	R250	R250	R250	R250	R500
3rd	R400 + R200 gift card	R230	R230	R230	R230	R230	R300

PRIZE MONEY 10KM WOMEN & MEN

POSITION	OPEN	40 – 49	50 – 59	60 – 69	70 +	JNR	W
1st	R1000 + R200 gift card	R250	R250	R250	R250	R250	R500 + R200 gift card
2nd	R500 + R200 gift card	R200	R200	R200	R200	R200	R300
3rd	R300 + R200 gift card	R180	R180	R180	R180	R180	R200

 **Discovery Vitality** members will earn the following points when finishing the race:
10km - 600 Vitality points
21km - 1500 Vitality points

ENTRY INFORMATION



SPORTS SHOPS

Run-a-way Sport:
012 361 3733
302 Freesia Street,
Lynnwood Ridge

<https://bit.ly/4vTg88E>

70+ can enter on Entry Ninja as well as on the day.

ONLINE

<https://www.entryninja.com/> Online entrants may pick up entries from 11h00 to 17h00 at PHSOB Club on **2 October or on race day**. Online entries **close Tuesday 29 September** at midnight.

LATE ENTRIES & COLLECTIONS

Entry collection at PHSOB Club on the day before the race from 11h00 to 17h00 and also on race day from 04h30. Late entries will also be available at Run Away Sport from **1 September until 1 October** and at PHSOB Club on **Friday 2 October from 11h00 to 17h00** (card payments only).

ORGANISATION

Race organised by Phobians Athletics Club.

RACE ENQUIRIES

Bert 082 922 6817 | Grahame 073 171 7507 | Gerald 012 356 9500 | 084 582 7242
 Or email: info@phobians.co.za | geraldk@fhchamberlain.co.za
 Race organiser Gerald Kroukamp.

RACE RULES

- The race is run in accordance with the rules of ASA and AGN.
- Registered athletes must wear the current year's (2026) licence number front and back. If issued with a race number this must be worn on the front of the vest, and must be attached below the ASA so that this logo is clearly visible.
- Temporary licenced athletes to wear temporary licence on back of vest and race number on front.
- All licenced athletes competing for category prizes must wear numeric category tags clearly visible front and back. Proof of age for prize winners will be required to be presented to referees before the prize giving. Prizes will be withheld until confirmed.
- Walkers competing for prize money must wear WALKER/W tags on the front and back of their vest.
- No seconding is allowed.
- International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if are contenders for prizes.
- No blade, cyclist or mechanically operated device allowed in the race.
- No iPods or listening devices.
- Minimum 14 years for 10km and 16 years for 21.1km.
- Water points are approximately every 3km.
- Children younger than 9 years in the 5km fun run must be accompanied by an adult taking responsibility for the child.
- Medical support will be available.
- Participants are required to obey instructions from all traffic officials, race marshals and referees.
- No dogs allowed.