

# Ford

JOIN  
US

26 SEPT  
2026

## 3-IN-1

### SPRING RACE

FORD MOTOR COMPANY SPORTS  
AND RECREATION CENTRE

T-SHIRT PRICE  
**R180**

CLOSING DATE  
FOR T-SHIRT ONLINE  
**PURCHASE**

14 SEPT 2026

COLLECTION VENUE  
FORD MOTOR COMPANY  
SPORTS RECREATIONAL FIELD



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## SPONSORS



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Ford



Athletics  
Gauteng North



aQuellé

## Enter Online, Entry information

Online entries close 20 Sep 2026,  
Collection date is on **24, 25 Sept & Race day**  
before the start of the race.

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## 3-IN-1 SPRING RACE

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ENTRY FEES ARE  
AS FOLLOWS

5KM - R100

10KM - R190

21KM - R250

Start Time:  
21km & 10km | 06:00  
5km | 06:15

LATE ENTRIES

5KM - R130

10KM - R220

21KM - R280

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### Enter Online, Entry information

Online entries close 20 Sep 2026,  
Collection date is on **24, 25 Sept & Race day**  
before the start of the race.

## Prizes for men and women

|       | Position | Open  | 40-49 | 50 -59 | 60+  | Junior | Walker |
|-------|----------|-------|-------|--------|------|--------|--------|
| 21 km | 1        | R2000 | R450  | R450   | R450 | R450   | R450   |
|       | 2        | R1300 | R350  | R350   | R350 | R350   | -      |
|       | 3        | R900  | R300  | R300   | R300 | R300   | -      |
| 10 km | 1        | R1200 | R350  | R350   | R350 | R350   | R300   |
|       | 2        | R900  | R300  | R300   | R300 | R300   | -      |
|       | 3        | R600  | R250  | R250   | R250 | R250   | -      |

### ENTRANCE INFORMATION:

Enter online: <https://www.entryninja.com/events/84278-ford-race> or scan **QR code**

Online Entries close on **20 September 2026**

Online entries can be collected on **24 Sept | 25 Sept 2026** or on day of the race between **04h00** and **05h45**

You can still enter on **Thurs 24 Sept / 25 Sept 2026** and race day at Ford Sports Grounds Silverton between **11h00** and **18h00**

Temporary licenses available @ **R70**

Entries on day of the race starts from **04h00** until **05h45**

Results will be available on: [result.finishtime.co.za](http://result.finishtime.co.za)

Entries on Race day available if cap of **2500** has not been reached before and its strictly via speed point sales **No cash handled on the day** of the race.

Starts from **04h00** to **05h45**

**Pre-entries at the following shops:**

Run-Away-Sports – 012 361 3733

Tshwane running shop – 076 929 7384

**Enquiries:**

Ngwako Motsieng: 082 964 8838

Maredi Mphahlele: 083 488 9152

1. The race is run in accordance with the rules of the ASA & AGN.
2. Athletes must wear the 2026 license numbers on the front and back of the vest.
3. Temporary licensed athletes to wear temporary license at the back of the vest.
4. Athletes competing for category prizes must wear age category tags on the front and back of vests. Proof of age for prize winners will be required and to be presented to referees before prize giving.
5. Walkers competing for prize money must wear WALKERIW tags on the front and back of vests.
6. Marshals, traffic officials and road rules must be obeyed at all times.
7. No iPods or listening devices are allowed No seconding is allowed.
8. Minimum age for participation: 14 years for 10km and 16 years for 21 km.
9. Medical support will be present on race day.
10. Cut off time is 3 hours for all events.
11. Parking is available but the race organisers will not be held responsible for any lost, stolen or damaged goods.
12. Distance markers every 1 km.
13. Tog bag area while available.
14. Ample space for gazebos.
15. Gazebos must be erected a day before the race.
16. Organizers indemnify themselves from any action or claim of whatever nature caused by the negligence of participants. Runners participate at own risk!!
17. International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if are contenders for Prizes
18. Great Grandmaster entry **50% Discount**



**KING OF RECOVERY**

*Say goodbye to the pain*



**SCAN HERE  
FOR RACE**