



GARSFONTEIN ICE BREAKER

21km / 10km / 5km

8 JULY 2023

AGN CHAMPIONSHIP



Athletics
Gauteng North



GEMEENTE



Macintosh
Cross & Farquharson

Attorneys, Conveyancers, Notaries, Administrators of Estates
Prokureurs, Transportbesorgers, Notarisse, Boedelbeheerders



Discovery
Vitality



GARSFONTEIN PRIMARY SCHOOL

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	PRIZE GIVING	CUT OFF	LATE ENTRIES	VITALITY POINTS
21,1km	R180	07:00	16 years	09:00	10:30	R200	1500
10 km	R120	07:00	14 years	08:30	10:30	R140	600
5 km	R60	07:15	9 years	None	10:30	R70	-

Temporary licence required for non registered athletes on the 21,1km & 10km : **R50**
70+ athletes: FREE entry

ONLINE ENTRIES from 17 May 2023 - www.entryninja.com (until 30 June 2023)

RACE INQUIRIES

Mike Minty - 083 414 5938
Claude Smit - 083 564 3630
Office - 012 361 3618
Wingate Road Runners - 072 864 2908

ONLINE ENTRIES & RACE NUMBER COLLECTION

Dutch Reformed Church (285 Emmie Hartmann str.)
6 July from 09:00 until 13:00
7 July from 09:00 until 17:30

At the venue (Garsfontein Primary School - Petronella Str. Entrance)
Race Day from 05:30

Proud Sponsor of the Garsfontein Ice Breaker



www.justimagineproperties.com

PRIZE MONEY

MALE & FEMALE

Position	Open	Junior	40-49	50-59	60-69	70-79	80+
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21,1 km Run

First	R500	R300	R150	R150	R150	R150	R150
Second	R300	R150	R100	R100	R100	R100	R100
Third	R100	-	-	-	-	-	-

10 km Run

First	R400	R250	R100	R100	R100	R100	R100
Second	R200	R100	R50	R50	R50	R50	R50
Third	R100	-	-	-	-	-	-

21 km Walk

10 km Walk

First	R350	First	R250
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RULES

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

1) Athletes who do not adhere to the rules, will be disqualified. **2)** Licensed athletes must wear 2023 licences on the back and in front of the vest, temporary licences must be worn at the back of the vest. **3)** Race numbers must be worn and should **NOT** cover the logos on the licence number. **4)** Walkers competing for the prize money must wear **W** tags on the front and back of their vest. **5)** An athlete can qualify for prize money in the open category as well as the age category that he/she entered for. **6)** Age category tags must be worn in front and at the back of vest by athletes competing for category prizes. **7)** Please obey all marshals, traffic authorities and traffic rules. **8)** No seconds, cyclists, pets or roller blades allowed. No ipods or listening devices. **9)** All athletes participate solely at their own risk and the organizers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during or as a result of the race.

ADDITIONAL INFORMATION

- * Club gazebo's welcome. * Refuse bins at water points. * Coke & Water +/- every 3km.
- * Medical Services will be provided. * Refreshments will be on sale at venue.
- * Tog Bag area will be available. * Please arrive early to avoid traffic congestion.
- * Parking in street surrounding the school - security guards will be on site.
- * Race results will be available within a week after the race on www.raceresults.co.za

No Littering along the route Please! #RUNCLEAN

*Race organized by Dutch Reformed Church Garsfontein & Wingate Road Runners
All proceeds from the race will be used for charity outreaches by the Church*

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PROPERTIES

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