

WHERE IS THIS HAPPENING?

Pretoria Boys High School, Roper St, Brooklyn, Pretoria.



AMPLE PARKING AT VENUE

PARKING BEFORE 06:45

North and East Gates

AFTER 06:45

Only North Gate

PHOBIANS FIFTEEN

**15KM
RUN/WALK**

07:00

5KM

FUN RUN/WALK

07:15

20 • 08 • 2022



**Athletics
Gauteng North**

PHOBIANS
Athletics Club



PHSOB Club

15 KM RACE MEDALS

- Gold Medal - To all prize winners.
- Silver Medal - To the next 180 runners / 20 walkers.
- Bronze Medal - To the next 2000 runners/walkers within cut-off time on the day.

5 KM FUN RUN RACE MEDALS

- Gold Medal - To first place male & female.
- Bronze Medal - To all finishers (max 1000 on the day)

PRIZE MONEY FOR BOTH MEN & WOMEN

NB: No category tag, no prize money!

15 KM RUN

PRIZES	JNR	OPEN	VET	MASTER	GRAND M	GGM
1st	R150	R600	R400	R300	R150	R150
2nd		R400	R150			
3rd		R200				

15 KM WALK

PRIZES	JNR	OPEN	VET	MASTER	GRAND M	GGM
1st	R120	R120	R120	R120	R120	R120

RACE ENQUIRIES: Grahame 073 171 7507 | Richard 060 992 2146

RACE RESULTS:

Available at www.results.finishtime.co.za

RACE INFORMATION & RULES

RACE	ENTRY FEE	START TIME	CUT-OFF TIME	MIN AGE	PRIZE GIVING
15km RUN/WALK	R120	07:00	09:30	15	09:30
5km FUN RUN/WALK	R45	07:15	09:30	-	

Non-Registered Athletes (15km run & walk) must buy a temporary licence at R50 each, sold on the day. Free entry available for 70+, wheelchair athletes, blind walkers & blind runners on race day only. Fun Run: Baby strollers welcome. Tog bag area available at own risk. Club gazebos welcome but fire extinguishers mandatory.

All proceeds from the fun run / walk will go to the Boys High Representative Council for Learners' Charities.

ENTRY INFORMATION:

ONLINE ENTRIES

www.entryninja.com

Online entries close on Friday, 12 August 2022.

MANUAL ENTRIES

If available, manual entries will be sold at the race venue on the morning of the race.

15km R150 5km R80

Your results may be delayed because of the extra admin.

COLLECTIONS

FRIDAY 12 NOON - 6PM

PHSOB Club (not School), 378 Queens Crescent, Lynnwood

SATURDAY 5AM

Race Venue, PBHS (School)

1) The race is run in accordance with the rules of ASA and AGN. 2) Registered athletes must wear the current years (2022) licence number front and back. If issued with race number, this must be worn on the front of the vest and must be attached below the ASA logo so that it is clearly visible. 3) Temporary licenced athletes to wear temporary licence on the back of the vest. 4) All licenced athletes competing for category prizes must wear age 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. 5) Walkers competing for prize money must wear WALKER/W tags on the front and back of their vest. 6) No seconding is allowed. 7) No blade, cyclist or mechanically operated device allowed in the race. 8) No Pods or listening devices. 9) Minimum age: 15km -15 years old. 10) Water points are approximately every 3km. 11) Medical support will be available. 12) Participants are required to obey instructions from all traffic officials, race marshals and referees. 13) Do not litter. Please use bins provided. 14) Race entry fees non-refundable, if issued with race number this must be worn on the front of the vest and must be attached below the ASA logo so that it is clearly visible. 15) Club gazebos to be erected latest race day between 05h00 and 06h30 after which all vehicles must be removed from the field.

RELEASE & WAIVER:

In consideration of the acceptance of my entry, I, for myself, my executors, heir's administrators and assignees, do hereby release and discharge Phobians Athletic Club, National Provincial bodies, any and all sponsors, any and all volunteer groups, any and all medical personal, any and all local authorities from all claims for injuries, damage or property loss I may suffer caused by the negligence of them and 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 tie rules of the race and rules of ASA. I am physically fit and sufficiently trained to participate in this event.