

Prize money

Run and Walk (Men and Women). NB: No category tag, no prize money

Position	Open	Juniors	40-49	50-59	60-69	70-79	80+
Half Marathon 21.1km Run							
1.	R500	R200	R200	R200	R200	R200	R200
2.	R250						
3.	R125						

10km Run							
1.	R400	R150	R150	R150	R150	R150	R150
2.	R200						
3.	R100						

Position	Open	Juniors	40-49	50-59	60-69	70-79	80+
Half Marathon 21.1km Walk							
1.	R250	R100	R100	R100	R100	R100	R100
2.	R150						
3.	R100						

10km Walk							
1.	R200	R100	R100	R100	R100	R100	R100
2.	R100						
3.	R 50						

Medals

- Gold all category winners
- Silver first 100 on the 21.1km & 10km / first 20 walkers on the 21.1km & 10km
- Bronze to the next 2500 finishers within cut-off time
- Bronze 5km fun run finishers



Water points



50 GOLDEN YEARS



EASY EVENT
RECYCLING



Run 2 Braai

Run-4-Fun

Saturday, 24 September 2022

21km, 10km & 5km Fun Run
Centurion Rugby Club

Start times:

- 21km & 10km 07h30
- 5km Fun Run 08h00



LEKKER fm
www.lekkerfm.com



Race information

Race	Entries	Start time	Cut-off	Minimum age	Prize-giving
21.1km run/walk	R130.00	07:30am	11:00am	16 years	10:00am
10km run/walk	R110.00	07:30am	11:00am	14 years	09:30am
5km fun run/walk	R 50.00	08:00am	11:00am		

Non - registered athletes in the 21.1km & 10km events must buy a temporarily license at R40.

- Athletes in wheel chairs are welcome in the 5km fun run.
- Baby strollers welcome on the 5km fun run.
- Tog bag area available.
- Refreshment stations (Coke, water sachettes or/and energy sachettes) at approximately every 3km.
- Cut off for all distances will be 11h00
- Race results will be published on www.raceresults.co.za
- Medical assistance will be available.
- Toilets facilities will be provided.
- Club gazebo's welcome, but fire extinguishers are mandatory should you use gas braais.
- **No open fires!**
- The entry fee is not refundable.
- Please do not discard water sachets or coke cups in gardens or drains - Zipit in the events recycling bins.
- Participation at own risk. The organisers accept no responsibility for any loss, damage or injury. Covid-19 protocols applicable must be observed.

Entry information

- **Online entries:** www.entryninja.com from 1st July 2022 until 18th September 2022 at 24h00. An administration fee of 5% will be added. No chip required.
- **Entries & online collection:** At the venue Friday, 23rd September from 12h00-18h00 and, on race day from 06h00.
- **Entries Available until Thursday 22nd September, at:**
 - Run-a-Way Sport, Lynnwood 012 361 3733.
 - The Bicycle Company, Doringkloof Mall 012 663 2645
- **Sportsmans Warehouse:**
 - Centurion, Byls Bridge Promenade 012 665 0768
 - Atterbury Value Mart, Faerie Glen 012 991 4926

- **Free entry for 70+, blind runners and wheel chair athletes on race day only.**

"Braaidag"

The Centurion Rugby Club will be celebrating their 50th birthday with a bring and braai.

- Fires will be available for participants and their friends/family to braai.
- A limited number of braai packs will be on sale (pap included).
- The CRC Pub will be open from 10h00.
- Clubs are, welcome to braai at their respective club gazebo's.
- **No open fires!**

The CRC pub will be open! Pancakes and refreshments will be on sale.



Enquiries:

Bert van der Raad: 082 922 6817 (between 9h00 - 18h00) or e-mail bp-sunny@mweb.co.za
The race flyer with all the relevant information will be available on www.entrytime.com and www.raceresults.co.za

How to get there and where to park

Address:

Centurion Rugby Club (next to Super Sport Park),
270 West Ave, Die Hoewes, Centurion

GPS coordinates to venue:

25.8576° S, 28.1945° E



Road closes at 03:30

M Main Parking
Centurion Rugby Club

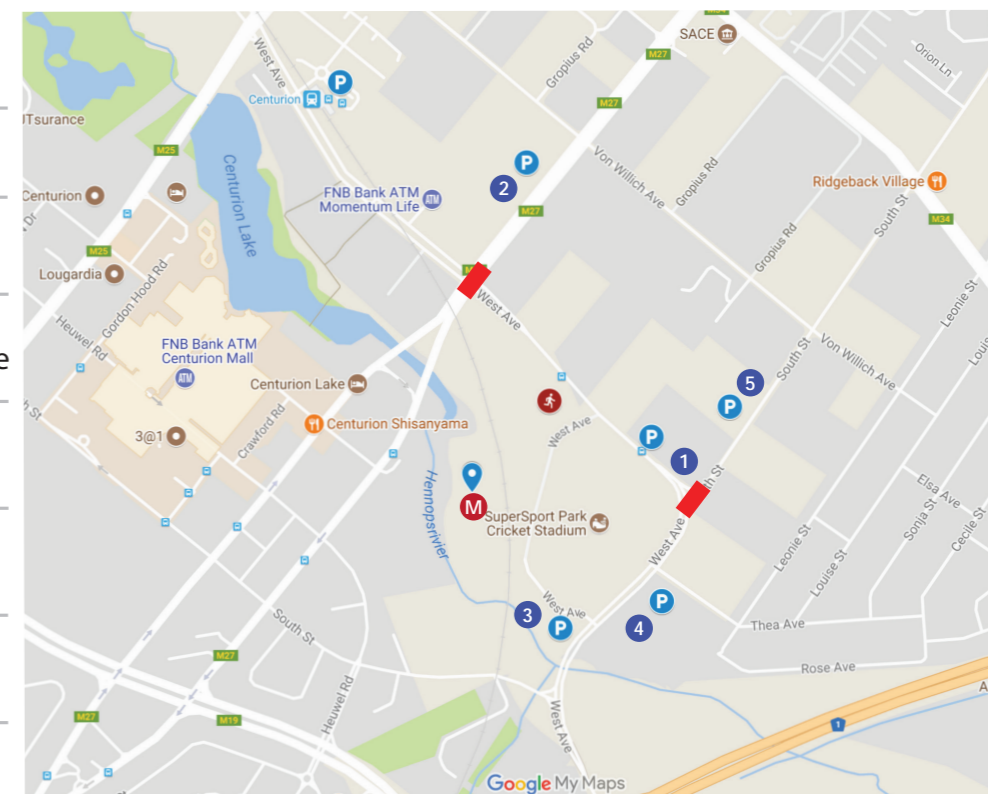
1 PARKING 1 VIP
Centurion Gymnastics Centre

2 PARKING 2
Lenchen Avenue

3 Entrance to Main Parking
West Avenue North

4 PARKING 4
West Avenue South

5 PARKING 5
South Street



Directions: From Jhb: Head North-East on the Ben Schoeman Fwy (N1). Take exit 124 onto Danie Joubert Fwy (N1) toward Pretoria/Polokwane. Take the 1st exit (128) for M19. Turn right onto John Vorster Dr/M19. Turn left onto West Ave. Parking on your left, before SuperSport Park.

Directions: From Pta: Head South-West on Ben Schoeman Fwy/Danie Joubert Fwy/N1. Take exit 128 for M19 toward Centurion. Continue straight onto West Ave. Parking on your left, before SuperSport Park.

Please arrive early to avoid congestion.

Follow signs and obey instructions from Marshalls along the routes.

- Parking at own risk
- **Thulani Car Guards will be the official Car guards on duty.**

Race rules

- The race is run in accordance the rules of ASA and AGN.
- Registered athletes must wear the ASA 2022 license number on the front and the back of the running vest. The official sponsors race number at the front of the vest and must not cover the logos on the licence number.
- Temporary licensed athletes to wear the required temporary license at the back of the vest.
- All licensed athletes competing for category prizes must wear numeric category tags clearly visible on the front and the back of the vest. Proof of age for prize winners will be required.
- Walkers competing for prize money must wear a W tag on the front and the back of their vests and must be clearly visible.
- No seconding is allowed.
- No iPods or listening devices.
- No blades, cycle or mechanically operated devices allowed on the race.
- No pets.
- Minimum age: 21.1km – 16 years old; 10km – 14 years old.
- Participants are required to obey the instructions of all traffic officials, race marshals and race referees.