

TSHWANE SPAR GRAND PRIX SERIES, 6 AUGUST 2022

Race Rules and information

- The entrants will participate under the rules of ASA and AGN and it is the entrants responsibility to familiarise themselves with the rules.
- Athletes participate at their own risk and indemnify the organisers, sponsors and national and provincial bodies against any claims that may arise.
- Licensed athletes must wear their ASA 2022 licence numbers on the front and the back of their vests when participating in the 10km and 21.1km races.
- Unlicensed athletes in the 10km must obtain a temporary licence and wear it on the back of the vest.
- Race numbers must be worn on the front. The race number must not cover the logo on the ASA licence number.
- Athletes competing for age category prizes must display the official numerical age category tags on the front and the back of their vest.
- Minimum ages for participants in the 10km race are 14 years. Category winners must provide proof of age to qualify for prizes.
- Marshals and Traffic Officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification.
- No seconding is allowed during the race.
- No IPods or listening devices are allowed in the race.
- No Blade, Bicycle or mechanically operated device will be allowed in the race.
- Cut-off time 2 hours.
- Prize giving will be announced at the race.
- No pets are allowed.
- There will be refreshments points at 3 km intervals along the route.
- Medical support and Tog bag facilities will be available.

EVENTS PRIZE MONEY

1 OPEN R30 000.00
2 OPEN R25 000.00
3 OPEN R21 000.00
4 OPEN R17 000.00
5 OPEN R14 000.00
6 OPEN R10 000.00
7 OPEN R8 000.00
8 OPEN R6 000.00
9 OPEN R5 000.00
10 OPEN R4 000.00

1 40-49 R3000.00
2 40-49 R2000.00
3 40-49 R1500.00
4 40-49 R1000.00

1 50-59 R3000.00
2 50-59 R2000.00
3 50-59 R1500.00
4 50-59 R1000.00

1 JUNIOR R3 000.00
2 JUNIOR R2 000.00
3 JUNIOR R1 500.00
4 JUNIOR R1 000.00

1 60+ R3000.00
2 60+ R2 000.00
3 60+ R1 500.00
4 60+R1000.00