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PRIZE MONEY

RUNNERS		10KM			21.1KM			42.2KM		
		1	2	3	1	2	3	1	2	3
Junior men/women		R500	R400	R300	R600	R400	R300			
Open men/women		R500	R400	R300	R800	R600	R400	R1,000	R800	R600
Veteran men/women	40-49	R500	R400	R300	R700	R500	R300	R1,000	R800	R600
Master man/woman	50-59	R400			R600			R800		
GM man/woman	60-69	R400			R500			R600		
GGM man/woman	70-79	R400			R400			R500		
80+ man/woman	80+	R400			R400					

GENERAL INFORMATION

- Medical support will be present on race day.
- Walkers may enter for any event. The cut-off times stipulated will apply to both runners and walkers.
- Any participant in the 42.2km event, who has not reached the 21.1km/42.2km split (20 km mark) in 2 hours 45 minutes, will not be permitted to proceed on the 42.2km route and will be routed to the 21.1km finish.
- Club trailers and tents: Will be allowed. They must be erected at the venue before 05h00 on Saturday 27 January 2024, no
- Please arrive early to avoid congestion. Follow signs and obey instructions from Marshalls along the routes.
- Entry fees, as well as additional purchases, are NOT refundable: In the unlikely event of the race being cancelled, entry fees as well as additional purchases will not be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers.
- Unfortunately there will be no kiddies entertainment.
- Please do not discard water sachets/cups in gardens or drains, drop them in the bins provided or directly on
- Toilets will be available at every water point.
- Tog bag area available.
- Race results will be available on www.results.finishtime.co.za after the event.

RULES

- The race will be run in accordance with the rules of ASA and AGN. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, arising out of their participation in the race.
- Registered athletes must wear the current year's license number (2023) at the front and back of their vests and, if issued with a race number, this must be worn on the front of the vest, with both numbers being visible.
- Temporary licensed athletes must wear the temporary licence at the back of their vests, with the race number at the front of their vests.
- All licensed athletes competing for age category prizes must wear age category tags, clearly visible, on the front and back of their vests. Proof of age for prize winners may be required to be presented to referees before prize
 - giving. Prizes could be withheld until ages have been confirmed.
- · No seconding will be allowed.
- Wheelchair athletes will be welcome.
- No roller blades, bicycles or mechanically operated devices will be allowed in the race.
- No animals will be allowed to accompany athletes.
- No iPods or listening devices will be permitted to be used
- Minimum ages: 10km 14yrs, 21.1km 16yrs, 42.2km 20yrs.
- Temporary licensed athletes will be eligible for open and category prizes, provided they have age category tags clearly visible at the back and front of their vests.
- All traffic officers and officials instructions to be obeyed.
- Water points will be available approximately every 3 km.
- Your race numbers must not cover the logos on the ASA licence. Failure to comply will lead to disqualification.



aQuellé.



Start: 05:30

Start: 06:00 AGN CHAMPIONSHIP **Start:**

06:10

Online entries close on Monday 22 January 2024

Discovery

Vitality

TOTALSPORTS TWO OCEANS

PRE-ENTRIES ONLY: www.entryninja.com

RACE INFORMATION 076 234 5329

Start: 05:30

@20km 08:15

Cut-off

WONDERPARK SHOPPING CENTRE

GPS: S25° 40,264 E28° 6,703 www.wonderparkcentre.co.za



27 JANUARY 2024





























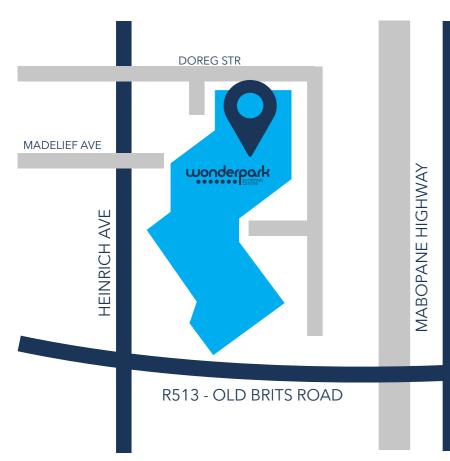
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DIRECTIONS & CONTACT DETAILS

- For further information contact 076 234 5329
- Information and map available on www.wonderparkcentre.co.za and www.akasiaathleticsclub.co.za and Akasia Atletiekklub Facebook page.

MAP TO WONDERPARK



TO GET TO THE SHOPPING CENTRE (COMING FROM JHB)

- Take the N1 north
 (Pietersburg) highway
- Take the Rustenburg Off ramp
 (just after Zambezi off ramp)
- Go through the Toll Gate
 (R11.50 per car) drive approx. 7 km
- Take the Pretoria (R80)/Soshanguve off ramp (after Rosslyn)
- At the road split, take the Pretoria
 (R80) off ramp (far left)
- You are now on the Mabopane freeway
- Take the first off ramp Brits/Akasia
- At the traffic lights turn right
- At the second set of traffic lights right
- The centre will be on your right hand side

WONDERPARK SHOPPING CENTRE:

Cnr Brits Road & Heinrich Avenue, Karenpark, 0118 GPS: S25° 40,264 E28° 6,703















Comrades Qualifier and Totalsports Two Oceans Marathon Qualifier

CUT-OFF TIMES

Distance/Event

- 42.2 km 11h30 (6hrs)
- 21.1 km 09h00 (3,5hrs)
- 10 km 08h00 (2hrs)
- 5km fun run 08h00 (1hrs 50 min)

Any participant in the 42.2km event, who has not reached the 21.1km/42.2km split (20 km mark) in 2 hours 45 minutes, will not be permitted to proceed on the 42.2km route and will the routed to the 21.1km finish.

ENTRY DETAILS



42.2, 21.1 & 10KM ENTRIES

Only pre-entries. No Entries will be accepted on race day. Pre-entries close on Monday 22 January 2024.

5KM ENTRIES

Pre-Entriese and Entries on race day will be available.



Scan to

ONLINE ENTRIES: www.entryninja.com

Online entries close on Monday 22 January 2024
Collection of online-entries Pre-entries can be collected on Friday 26 January 2024 from 15h00 until 19h30 or on race day at Entrance 5,
Wonderpark Shopping Centre (Woolworths Entrance)

Late entries will be available at all the shops until Friday 26 January 2024 as well as:

22 to 26 Jan 2024 Friday 26 Jan 2024 At all the shops during trading hours. 15h00 to 19h30. Entrance 5, Wonderpark

Shopping Centre. CARD payment only, NO CASH

Saturday 27 Jan 2024 5km ONLY. Entrance 5, Wonderpark Shopping Centre

SHOPS:

Run-A-Way Sport 012 361 3733

The Sweat Shop Dunkeld West Centre 011 325 2567

Tshwane Running Shop Sinoville 076 929 7384

Pannarotti's, Wonderpark Shopping Mall, Entrance 7 012 004 0159

Rosslyn Signs/Janel Schoolwear, 43 Kamelia Road Karenpark 012 549 3766

ENTRY FEES





(PLEASE TICK APPLICABLE RACE ENTRY)

DISTANCE	ONLINE ENTRY FEE	LATE ENTRY
42.2KM	R300	R320
21.1KM	R180	R200
10KM	R120	R150
5KM Fun Run/Walk	R60	R60
Blind Runners and 70+	Free	Free
Temporary License	R60	R60

PLEASE NOTE: Unlicensed athletes running/walking the 42.2km, 21.1km and 10km must purchase a temporary license number for R50.

INDEMNITY:

By entering one of these races the athlete agrees not to hold AGN or any sponsor, or any person assisting in the organisation of the event liable for any injury or illness, which he or she may suffer directly or indirectly as a result of participating in the event, or for any damage to or loss of property which he or she may suffer directly or indirectly as a result of participating in the event.