

ENTER SMS  
COMPETITIONS

10<sup>th</sup>

PRE-ENTRY  
ONLY



vodacom

# Country Challenge

21,1KM & 10KM ROAD RACE  
PLUS 5KM FUN RUN

## DATE & VENUE



Sunday, 22<sup>nd</sup> August 2010

082 Vodacom Boulevard, Vodaworld, Midrand

## START TIMES



21,1km & 10km – 08h00 (pre-entry only)

5km Fun Run – 08h30 (entries on race day only)

## HANDOUTS 21,1/10km



■ T-Shirts to first 5 000 entrants

(Please ensure you receive your handout T-Shirt, race number and temporary licence if applicable when entering).

■ Medals to all finishers

## RACE ENTRY FEE



Race Entry Fee (Licenced athlete) 21,1km: R50 10km: R35

Race Entry Fee (Unlicenced athlete) 21,1km: R70 10km: R50

Please note that race is pre-entry only!!!

Pre-entries close on 13th August 2010.



NEDBANK  
Running club

HOSTED BY NEDBANK RUNNING CLUB

## PRIZE MONEY

### 21,1km

	1st	2nd	3rd	4th	5th	6th
Open men	R3 000	R1 500	R900	R600	R450	R300
Open women	R3 000	R1 500	R900	R600		
Veteran men (40 – 49)	R900	R450	R225	R120		
Veteran women (40 – 49)	R900	R450	R225			
Master men (50 – 59)	R450	R225	R120			
Master women (50 – 59)	R450	R225				
Grandmaster men (60+)	R300					
Grandmaster women (60+)	R300					

21,1km prize giving at 11h15

### 10km

	1st	2nd	3rd	4th	5th	6th
Open men	R1 500	R750	R450	R300	R225	R150
Open women	R1 500	R750	R450	R300		
Junior men (ID must be produced)	R600	R300	R150			
Junior women (ID must be produced)	R600	R300				
Veteran men (40 – 49)	R450	R225	R120			
Veteran women (40 – 49)	R450	R225				
Master men (50 – 59)	R225	R120				
Master women (50 – 59)	R225					
Grandmaster men (60+)	R150					
Grandmaster women (60+)	R150					

10km prize giving at 10h00

## PERFORMANCE INCENTIVES

### 21,1km

Men: Sub 01:06:30 Women: Sub 01:20:00

1st: R1 000  
2nd: R600  
3rd: R400

### 10km

Men: Sub 00:30:15 Women: Sub 00:36:30

1st: R1 000  
2nd: R600  
3rd: R400

**Three cellphones & three pairs of Nike running shoes on offer as lucky draw prizes**

(must be at 21,1km prize giving to qualify)



## RULES

- The race is run in accordance with the rules of ASA and CGA. Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same maybe arising out of their participation in the race.
- Runners participate at their own risk.
- Registered athletes must belong to a club affiliated to ASA, must wear club colours and their 2010 licence on the back of their vest. All runners must wear their issued race number on the front of their vest.
- No runner under the age of 15 years on the day will be allowed to enter the 10km.
- No runner under the age of 16 years on the day will be allowed to enter the 21,1km.
- All licenced athletes competing for category prizes must wear numeric category tags clearly visible back and front. Proof of age for prize winners will be required and be presented to the referees before prizegiving. Prizes will be withheld until confirmed.
- No seconding allowed on the route. Ample refreshment stations are provided.
- All traffic officers and marshalls instructions must be obeyed.
- No blades, cyclists or mechanically operated devices allowed in the race.
- Regretfully due to the nature of the course no wheelchair athletes allowed.
- Temporary licenced athletes must wear plain clothing and the issued temp licence on the back of their vests and the issued race number in front. No advertising allowed.
- Regret, athletes not allowed to participate with pets.
- International athletes must provide a clearance letter to the referee in the event of them winning a prize.



# PRE-ENTRY INFORMATION

## ENTRY FORM ON REVERSE SIDE OF THIS PAGE

- HAND-DELIVERED ENTRIES** will be accepted at the following stores **until 13th August 2010:**

The Sweat Shop, Shop12 Southdowns Shopping Centre Irene (012 665 0048)  
The Sweat Shop, Dunkeld West Centre (011 325 2567)  
The Sweat Shop, Fourways Crossing (011 467 5966)  
The Randburg Runner, Cnr 5th Street & 4th Ave. Linden (011 888 9644)  
The Bedford Runner, Bedford Arcade, Van Buuren Rd. Bedfordview (011 450 1847)  
Run-Away Sport, Sanlam Centre, Lynwood Road, Pretoria (012 361 3733)

At Sportsman's Warehouse Stores situated at:

Atterbury Value Mart (012 991 4926) Princess Crossing (011 768 0167)  
Centurion (012 665 0768) Cresta (011 476 6882)  
The Glen Shopping Centre (011 435 4507) East Rand Mall (011 823 3203)  
Woodmead (011 802 8208)

Race Office: The Fastener Network, 16 Quark Crescent, Linbro Business Park (011 608 3071)

Entries will also be taken at various major races in Johannesburg and Pretoria. Look out for the Nedbank Running Club gazebo at these events.

- FXED ENTRIES WILL BE ACCEPTED ON SUBMISSION OF ENTRY FORM WITH PROOF OF PAYMENT (FXED TO 011 608 1130)**  
Banking details: Nedbank Running Club | Nedbank Account No 1983175501 | Branch code 198341

- ONLINE ENTRIES WILL BE ACCEPTED AT** [www.enteronline.co.za](http://www.enteronline.co.za) **until 13th August 2010.**



**ONLINE OR FXED ENTRY RACE NUMBERS MAY BE COLLECTED AT THE FOLLOWING VENUES:**

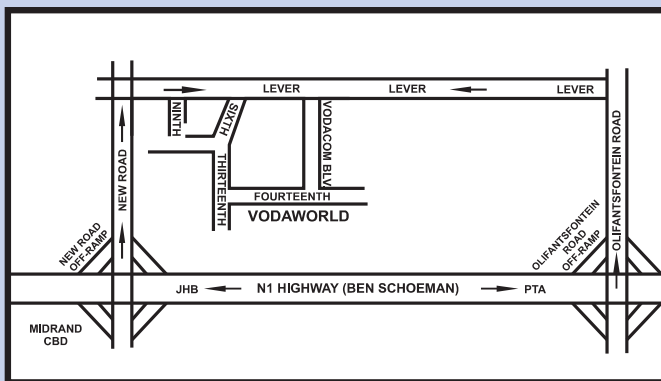
**RACE OFFICE: 1<sup>ST</sup> – 19<sup>TH</sup> AUGUST 2010**

**VODAWORLD SOCCER FIELD: 21<sup>ST</sup> AUGUST 2010 OR ON RACE DAY**

## GENERAL INFORMATION

- Refreshments on sale at the finish
- Walkers most welcome
- Results available @ [www.raceresults.co.za](http://www.raceresults.co.za)

- Cut off time 3 hours
- Distance markers every 1km
- Results on sale @ R10
- Ample toilet facilities



## RACE ENQUIRIES

**Mark Struwig**  
(011) 608 3071 (w)  
082 492 4416 (c)

**Lucky Miya**  
(011) 608 0999 (w)  
082 887 9596 (c)

## FUN RUN & ENTERTAINMENT

**JOIN IN THE 5KM FUN RUN/WALK FOR ONLY R10 AND THE FIRST 1000 FINISHERS WILL RECEIVE:**

- Running water bottle
- Medal
- Vodacom peak

**For the kids....**

- Jumping castles
- Face painting

