



# KOLONNADE SHOPPING CENTRE

CNR SEFAKO MAKGATHO DRIVE & DR VAN DER MERWE STR, MONTANA PARK, PRETORIA

## 5KM | 15KM | 32KM RACE 26 MARCH 2022

RACE FEES:

5KM R50 | 15KM R130 | 32KM  
R150

TEMPORARY LICENSE FEE  
R40

### ENTER NOW!

Entries Capped at 2000

- » Online entries:  
[www.entrytime.co.za](http://www.entrytime.co.za) till 13 March 2022  
(Provided the 2000 cap has not been reached or there is amendments to Covid regulations)
- » Run-A-Way 012 361 3733  
(302 Freesia str, Lynnwood)
- » Kolonnade Info Desk 012 548 1902 w2w  
(Kolonnade Shopping Centre)
- » Tshwane Running Shop 076 929 7384  
(192 Vinko Str, Sinoville)
- » Entrance 4: 25 March 2022 at  
Kolonnade Shopping Centre (from 15:00 – 18:00) and  
26 March 2022 ( from 04:30 - 06:00)  
(Provided the 2000 cap has not been reached or  
there is amendments to Covid regulations)

15KM & 32KM  
06:00  
5KM FUN RUN  
06:15

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ONLINE ENTRIES CAN BE COLLECTED ON  
FRIDAY 25 MARCH 2022 AT ENTRANCE 4



Contact us  
(0861) 04-04-04  
[hring@kingalpine.biz](mailto:hring@kingalpine.biz)



Athletics  
Gauteng North

## PRIZE GIVING

Prize giving will commence at 09:30 for the 15km and at 10:00 for the 32km  
Please take note: Category winners who are not present at prize giving will have to collect their prizes and medals from Overkruin Athletics Club.

## PRIZE MONEY

Open Winners	15km & 32km	Category Winners	15km	32km
1st Open	R450	1st 40-49	R100	R150
2nd Open	R300	1st 50-59	R100	R150
3rd Open	R150	1st 60-69	R100	R150
		1st 70-79	R100	R150
		1st 80+	R100	R150
		1st Junior	R100	R150
		1st Walker	R150	N/A
		2nd Walker	R100	N/A

## RULES

1. Strict Covid Protocols for athletes will be followed and must be adhered to in terms of wearing masks before and after the race. The 1 meter social distance between all athletes is to be adhered to at all times.
2. Club trailers and gazebo's will not be allowed unless there is amendments to the Covid regulations.
3. Sanitizing points will be available at the start and finish.
4. All participants enter at their own risk and by their entry indemnify the organisers and sponsors of any liability or claim.
5. Registered athletes must wear the current year's license number front and back, if issued with a race number this must be worn on the front of vest.
6. Unlicensed Runners/Walkers must buy a Temporary license (R40)
7. All licensed athletes competing for category prizes must wear numeric category tags clearly visible front and back. Proof of age for prize winners may be required and to be presented to referees before prize giving. Prizes will be withheld until confirmed.
8. Walkers competing for prize money must wear WALKER/W tags on the front and back of their vest.
9. No seconding is allowed.
10. International athletes must provide a clearance letter from their Country of origin to the referee in the event of them winning a prize.
11. No blade, cyclist or mechanically operated device allowed in the race.
12. No iPods or listening devices.
13. Minimum age: 5km – 9 yrs, 15km - 16yrs and 32km – 19yrs
14. Temporary licensed athletes are eligible for open and category prizes, provided they have the age category tag clearly visible back and front of vest.
15. All traffic officers and officials instructions to be obeyed.
16. Medical support will be present on race day.
17. Sorry, no pets allowed
18. Race numbers must not cover the logos on the license.
19. 32km 2nd lap cut off at 07:50 and cut off time for 32km is 4hr and 15km is 3hrs

## ENQUIRIES

Johan - 083 324 5074  
overkruin.atletiekklub@gmail.com  
www.overkruinatletiekklub.co.za

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