



RANDBURG HARRIERS



21.1km RUN & 10km RUN/WALK



Sunday 8th May 2011



**Randburg Central Sports Complex
Republic Road and Silver Pine Avenue, Randburg**

GPS COORDINATES S26°5'55" E27°59'5"

After two years, our race is back in its traditional slot on the Gauteng road running calendar! Come and test your legs out over the hills of Randburg at the **LAST HALF MARATHON BEFORE THE COMRADES MARATHON**. This event has something for everyone: a 21.1 km for the long distance junkies, a 10 km for the speed merchants, and an official 10 km race walk for the walking community. All three events take place over calibrated routes through the suburbs of Randburg

**T-SHIRTS TO THE FIRST 300 PRE ENTRIES AT
www.enteronline.co.za**

ON LINE PRE ENTRIES WILL CLOSE ON 4th MAY 2011

ENTRIES WILL BE OPEN ON SATURDAY 7th MAY (7.30am to 10am) & ON RACE DAY FROM 5AM

| EVENT | START | ENTRY FEE | | TEMP LICENCE |
|------------|-------|-----------|------------------------------|--------------|
| | | | Grandmasters & Blind Runners | |
| 21.1km Run | 07h00 | R55 | R40 | R20 |
| 10km Run | 07h00 | R35 | R20 | R15 |
| 10km Walk | 07h10 | R35 | R20 | R15 |

Wheelchairs are welcome in the 10km Run Event.

EQUAL PRIZE MONEY FOR MEN & WOMEN

| EVENT | POSITION | OPEN | 40-49 | 50-59 | 60+ | JUNIOR |
|------------|----------|------|-------|-------|------|--------|
| 21.1km Run | 1 | R500 | R300 | R200 | R100 | R100 |
| | 2 | R300 | R200 | R100 | R75 | |
| | 3 | R200 | R100 | | | |
| 10km Run | 1 | R300 | R200 | R100 | R75 | R100 |
| | 2 | R200 | R100 | R75 | R50 | |
| | 3 | R100 | R75 | | | |
| 10km Walk | 1 | R300 | R200 | R100 | R75 | R100 |
| | 2 | R200 | R100 | R75 | R50 | |
| | 3 | R100 | R75 | | | |

MEDALS TO ALL FINISHERS

PRIZE GIVING AT 10H00

RESULTS WILL BE POSTED AT www.raceresults.co.za

RULES

1. The race is run in accordance with the rules of ASA and CGA. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the race. 2. Registered athletes must wear their 2011 licence number back and front, if issued with a race number this must be worn on the front of vest. 3. Temporary licensed athletes to wear plain clothing with the issued temporary licence number back and front, no advertising allowed. 4. All licensed 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 to be presented to the referees before prize giving. Prizes will be withheld until confirmed. Prizes will only be awarded to athletes who have filled in the race sticker comprehensively. 5. No seconding is allowed. 6. International athletes must provide a clearance letter from their Country of origin to the referee in the event of them winning a prize. 7. No blade, cyclist or mechanically operated device allowed in the race. 8. No animals. 9. No 2, 3 or 4 wheel carts/prams which are mechanically or manually operated by participants, will be permitted to participate without the special permission being granted, prams/carts must start at the back of the field. 10. Minimum age: 15yr – 10km. 11. Temporary licensed athletes are eligible for open and category prizes, provided they have the age category tag clearly visible back and front. 12. All traffic officers and officials instructions to be obeyed. 13. Athletes must comply with domicilium rule when competing for team prize. 14. Walkers competing for prize money must wear WALKER tags on the front and back of their vest. 15. Walkers competing for prizes must adhere to the international Rules for Race Walking

Contact Michelle Knotzer for further details 011 792 7003 or visit www.randburgharriers.co.za