



SAPS STRIDERS ATHLETIC CLUB HERITAGE CHALLENGE

21.1 KM AND 10KM (RUN/WALK)

Date: 11 September 2016
 Time: 06:30
 Venue: Hoy Park Grounds, Sylvester Ntuli Road, Durban

T-shirts to all finishers of 21.1 km and 10 km

Entry fees: 21 km - R 90-00
 10 km - R 60-00
 Over 70's Free - Proof of ID required
 Temporary licenses 21km - R 25-00
 10 km - R 15-00

ENQUIRIES:

Langa Mhlongo - 082 773 7719
 Michael Didi - 079 696 3587
 Alesh Naidoo - 083 481 4300

RACE ENTRIES:

1. The KZN Runner, 2 Gordon Road, Cnr of Windermere and Venice Road
2. Online - www.topevents.co.za (Closes on 6 September 2016)
3. Friday 9 September and Saturday 10 September 2016, Hoy Park Grounds, from 09:00 to 17:00
4. Sunday 11 September 2016, Hoy Park Grounds, from 04:30 to 06:00
5. Licenced runners also have the option of depositing the entry fees into the SAP Striders bank account: Standard Bank, acc. no. 055699979. Reference: your initials and surname



THE DURBAN RUNNER

2 Gordon Road, Windermere, Durban
 The Stevarena Road, Glenwood, Durban
 Phone: 031 271 1114
 Email: online@durbanrunner.co.za

CHARLES ELECTRICAL

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B.V. PACKAGING

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 Fax: (031) 507 9087

Established brown paper, plastic bags & plastic tubing manufacturers. importers of packaging tapes, labels & other products.



CUT OFF TIME: 21 KM at 3 ½ hours and 10 KM at 2½ hours
 10 KM prize giving at 09:30 and 21.1 KM prize giving at 10:00

PRIZE MONEY (MALE AND FEMALE)

	1ST	2ND	3RD
21.1 KM RUN			
Open Men/Lady	700	500	300
Men/Lady 35-39	170	150	120
Men/Lady 40-49	170	150	120
Men/Lady 50-59	170	150	120
Men/Lady 60	170	150	120
Junior Men/Lady	200	170	150
Men's Team	4x R 150		
Ladies Team	4X R 150		
Walkers - 21.1 KM			
Open Men/Lady	500	300	200

	1ST	2ND	3RD
10 KM RUN			
Open Men/Lady	350	300	250
Men/Lady 35-39	150	120	100
Men/Lady 40-49	150	120	100
Men/Lady 50-59	150	120	100
Men/Lady 60	150	120	100
Junior Men/Lady	200	150	100
Walkers - 10 KM			
Open Men/Lady	300	250	200

RULES & GENERAL INFORMATION

1. This race is run in accordance to the rules laid down by the IAAF, ASA and KZNA and all entrants must abide by these rules. All foreign athletes must abide by IAAF Rule 4.2 and 142.
2. The minimum age limit of an entrant for the 21.1KM race is 16 years and for the 10KM race is 15 years and older.
3. Current licenses, age category and walker tags must be clearly worn on the front and the back of the vest/ crop top.
4. Junior Athletes are recognized as the age on the day of the competition.
5. Temporary licenses (if purchased) must be worn on the front of the vest/ crop top and runners are to wear plain coloured vests with no advertising.
6. Club colours must be worn.
7. Proof of age may be required if entrant qualifies for a prize category.
8. Race entry fees are not refundable.
9. Refreshment tables will be provided, personal seconding is not permitted.
10. No pacing is permitted.
11. Marshals and Traffic Officials must be obeyed.
12. All entrants participate at their own risk. Organizers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property, lost or damaged on the course or in the changing area.

To be completed for entry:-

Surname: _____ First Name: _____ Gender: _____

Date of birth: _____ ID Number: _____ Club: _____

Province: _____ 2016 Licence number: _____

Cell number: _____ Email address: _____

21.1 KM Run Walk 10 KM Run Walk

I am medically fit to run and fully understand that I enter and participate at my own risk and will not hold the organizers, KZN Department of Sport and Recreation responsible for any injuries or loss I may suffer through participation in the race.

Signature: _____ Date: _____