



**FREE**

**T-SHIRTS  
AND  
WATER BOTTLES FOR  
THE FIRST 1 000  
RUNNERS**

# SAMA RUN & WALK

Cash prizes to  
the  
**TOP 3**  
finishers in  
the 21km and  
10km

**21km** OR **10km** OR **5km**  
**Double lap** OR **Run** OR **Fun Run**

**30 JUNE 2019 | 06:00 AM | KINGS PARK STADIUM**

**Late entries: Saturday, 29 June from 08:30 - 16:30  
Sunday, 30 June from 04:30 - 05:30**

**Late entry fee: R130 for 10km and R180 for 21km**



## ENTRY FORM

**ENTRY FEE:** **21KM (R160)**  **10KM (R110)**  **5KM (R60)**

ID number

First name

Surname

Gender Male  Female  Date of Birth

Country  Province

Club

License No  License Province

Cell Number  Email address

Emergency Contact

## RACE RULES AND INSTRUCTIONS

Race run under the rules of IAAF/ASA & KZNA. Running kit, sponsorship & advertising.

ASA approved club colours must be worn or unbranded kit.

Runners must familiarize themselves with, and abide by, the advertising rules as per the IAAF & ASA rule book. (IAAF rule 143 & ASA rule 23 / 24 as well as advertising regulations). These provisions apply for the duration of the race including warming up, all race ceremonies & official press conference.

The minimum age for 10km is 14 years on the day. For 5km it's 9 years on the day – ASA rule 20.10. Foreign athletes must abide by IAAF Rule 4.2 and 142 – ASA Rule 5.5

ASA approved age category tags must be worn on the front and back of upper body clothing to be eligible for age prizes – ASA Clause 20.9

Proof of age will be required for age category prizes – ASA Rule 5.8. Temporary licensed athletes are not covered by ASA National Policy

## TEMP LICENSE R30

### 10 KM PRIZE MONEY

Prize Money	Men 1st	Men 2nd	Men 3rd	Women 1st	Women 2nd	Women 3rd
10KM - Run	500	300	200	500	300	200
10 KM - Walk	200			200		
Veterans (40-49)	0			0		
Masters (50-59)	0			0		
Masters (60+)	0			0		
Juniors	200			200		

### 21 KM PRIZE MONEY

Prize Money	Men 1st	Men 2nd	Men 3rd	Women 1st	Women 2nd	Women 3rd
21KM - Run	1500	1000	500	1500	1000	500
21 KM - Walk	500			500		
Veterans (40-49)	500			500		
Masters (50-59)	500			500		
Masters (60+)	500			500		
Juniors	250			250		