

# 21.1KM | 10KM | 5KM

CSIR, North Gate, off Meiring Naude Road, Brummeria, Pretoria

### LIMITED TO 3500 ENTRIES VENUE

CSIR, North Gate, off Meiring Naude Road, Brummeria, Pretoria

Coordinates: S25°44.874, E28°16.523

### START TIME

06:00 – 10km and 21.1km walk and run

06:05 – 5km Fun Run

### ENTRY FEES

Entry fees	21.1km	10km	5km
All other categories	R160	R125	R75
Grand Masters (60+)	R160	R125	R75
Great Grand Masters (70+)	Free	Free	Free
Great Grand Masters (80+)	Free	Free	Free

Temp License: R40

### ONLINE ENTRIES ONLY

Online entry: <https://entries.timeme.co.za>

### PRE-ENTRIES AT THESE SHOPS

OPEN 01 AUGUST 2019

Run-a-Way Sport, Lynwood: 012 361 3733

The Sweat Shop, Southdowns: 012 665 0048

Sweat Shop Bedfordview: 011 325 2567

Sweat Shop Dunkeld: 011 325 2567

### PRE-ENTRIES COLLECTION AT THE CSIR CLUB

- Wednesday, 16 October from 17:00 to 19:00 at the CSIR, Sports hall, South Gate
- Thursday, 17 October from 17:00 to 19:00 at the CSIR, Sports hall, South Gate
- Friday, 18 October from 13:00 to 19:00 at the CSIR, Sports hall, South Gate
- Race Day from 04:30 to 05:45 at the CSIR, North Gate
- Online entries will close on Wednesday, 16 October.

### ENQUIRIES

Registration/Runners/General:

Club Gazebos: Brian Yalisi: 072 850 6346

Suppliers/Vendors: Zeldra Schutte: 079 668 8443

### PRIZE MONEY (MEN AND WOMEN)

Categories	10km			21.1km		
	Prize winners			Prize winners		
Runners	1	2	3	1	2	3
Open	R500	R350	R200	R1 000	R700	R400
40 – 49	R200	R150	R100	R400	R200	R150
50 – 59	R150	R100		R200	R150	
60+	R150	R100		R200	R150	
70+	R100			R150		
80+	R100			R150		
Junior	R150	R100		R200	R150	
Walkers	R300	R200	R100	R500	R350	R200

### MEDALS

Gold for Category winners, 200 Silver, and Bronze for the rest  
600 Medals for the 5 km fun runners

## PRIZE GIVING

08:00 – 10 km (run and walk)

09:00 – 21.1 km (run and walk)

Prize winners have to be present at the prize giving

## RULES FOR 10KM AND 21.1KM RACES

- Race run according to the rules of ASA and AGN.
- Minimum age of 14 years for the 10km and 16 years for 21.1km.
- Athletes competing for category prizes must wear age category ID tags on back and front for official time to be registered.
- Prize winners have to be present at the prize giving.
- Cut-off time is 3 hours for all participants.
- Registered athletes must wear the 2019 license numbers in front and at the back of the vest.
- Traffic police and race marshals must be obeyed at all times.
- ID must be provided upon request.
- Foreign athletes must comply with IAAF Rule 4, paragraph 2 regarding handing over their permits to the organisers.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against actions of nature arising out of their participation in the CSIR Race.
- Temporary Licence Athletes to wear the temporary licence at the back of their vest.
- Walkers must wear a 'WALKER' or 'W' tag on the front and back of their vests.
- No seconding permitted.
- Refreshment stations approximately every 3km.
- Race number must be worn in front of the vest and must not cover the logos on the license number.

## TERMS AND CONDITIONS

- No iPods or other listening devices permitted.
- No pets allowed.
- Regrettably, no wheelchairs or prams allowed – course unsuitable.
- No blades, cyclists or mechanically operated devices allowed in the race.
- Tog bag area available at own risk.
- No littering allowed; use waste recycling bins provided.
- **ALL gazebos need to be put up on Friday from 14:00 to 19:00. No gazebos / trailers will be allowed to be set up on Race day. Please send Club name, Name, Identification number and car registration plate to [bcyallsi@gmail.com](mailto:bcyallsi@gmail.com) before Wednesday 16 October 2019 to obtain access for the Friday and Saturday.**
- Medical support will be available on race day.

More information available at [www.csirrunner.co.za](http://www.csirrunner.co.za)

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By entering this race which forms part of the Discovery Vitality Run Series, you hereby agree to share relevant personal information with Discovery Vitality (Pty) Ltd and related third parties.