



CHAMBERLAIN CAPITAL CLASSIC

Join us for the Capital Classic on
SATURDAY, 5 OCTOBER 2019
Phobians Club: Queens Crescent, Lynnwood

> **10KM RUN**
starts 06h00

> **21.1KM RUN**
starts 06h00

> **5KM FUN RUN**
starts 06h15

* No chip required. Timing done through www.raceresults.co.za

THIS IS AN AGN LEAGUE RACE

GET A FREE T-SHIRT

The first 2000 entries in the 10km and 21.1km get a free Chamberlains Capital Classic Dri-fit T-shirt

START YOUR DAY WITH BAGPIPES

Set off to the unique sounds of the MacChamberlain Highlanders pipe band

RUN IN A KILT AND WIN

Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlains gift card



PHOBIANS
Athletics Club



GauFestival



> RACE INFORMATION

RACE	ENTRY FEE	TEMPORARY LICENCE	START TIME	CUT-OFF TIME	MINIMUM AGE	PRIZE GIVING
21.1km	R100	R40	06h00	3.5hrs	16 years	09h00
10km	R70	R40	06h00	3.5hrs	14 years	08h00
fun run	R40	none	06h15	3.5hrs	none	08h00

Non-registered athletes must buy a temporary licence at R40. Free entry available on race day for blind walkers, blind runners, 70+, 80+ (must buy temporary license if not registered). Fun Run: Children younger than 9 years must be accompanied by an adult taking responsibility for the child. Wheelchair athletes welcome. Baby strollers welcome. Tog bag area available at own risk. Club gazabos welcome but fire extinguishers mandatory, but must be erected on the Friday afternoon.

RACE MEDALS

GOLD MEDALS

To all category winners and 1st man/woman in the 5km fun run

SILVER MEDALS

To the next 100 runners in the 21.1km and 10km and next 20 walkers

BRONZE MEDALS

To the next 3500 runners/walkers in the 21.1km and 10km. 5km fun run finishers to the maximum of 1000

PRIZE MONEY 21.1KM WOMEN & MEN

POSITION	OPEN	40 - 49	50 - 59	60 - 69	70 - 79	80+	Junior	Walker
1st	R1000 + R200 gift card	R600	R400	R300	R250	R250	R300	R500 + R200 gift card
2nd	R800 + R200 gift card	R400	R200	R200	R150	R150	R200	R300
3rd	R500 + R200 gift card	R200	R100	R100	R100	R100	R100	R150

PRIZE MONEY 10KM WOMEN & MEN

POSITION	OPEN	40 - 49	50 - 59	60 - 69	70 - 79	80+	Junior	Walker
1st	R600 + R200 gift card	R400	R300	R200	R200	R200	R200	R400 + R200 gift card
2nd	R500 + R200 gift card	R300	R200	R150	R150	R150	R150	R200
3rd	R400 + R200 gift card	R200	R100	R100	R100	R100	R100	R100

WATER POINTS



> ENTRY INFORMATION

OUR STORES

Centurion Megastore: 012 653 9600
c/o Old Jo'burg Road & Magiel Avenue

Montana Megastore: 012 523 0400
c/o Dr Swanepoel Road & 3rd Road

Silver Lakes Megastore: 012 809 9900
c/o Solomon Mahlangu Drive &
Bendeman Boulevard

Waterkloof Glen: 012 998 5074
378 Roslyn Avenue

Riviera: 012 356 9500
230 15th Avenue

Strubens Valley: 010 446 1903
c/o Hendrick Potgieter Rd &
Jim Fouché Road, Strubens Valley

SPORTS SHOPS

Run-a-way Sport:
012 361 3733
302 Freesia Street,
Lynnwood Ridge

Sweatshop: 012 655 0048
Southdowns Centre, Irene

Sweatshop: 011 325 2567
Dunkeld, Johannesburg

ONLINE

Please visit one of the three sites below to enter online:

1. <https://www.chamberlains.co.za/capital-classic>
2. <http://www.acrw.co.za/projects>
3. <http://www.phobians.co.za/index.php/our-races/chamberlain-capital-classic/entry-form>

Online entrants may pick up entries from 04h30 at Phobians on race day, or from 15h00 to 18h00 at Phobians on 4 October. Online entries close 2 October at 12h00

LATE ENTRIES & COLLECTIONS

Late entries and entry collection from 15h00 to 18h00 on 4 October or on race day from 04h30 at Phobians Club. Pre-entries close 2 October at 12h00

TEMPORARY LICENCES

Only 2019 licence numbers or AGN temporary licences will be valid

ORGANISATION

Race organised by Phobians Athletics Club and Alpha Centurion Runners & Walkers

RACE ENQUIRIES

Bert 082 922 6817 | Leon 082 920 9495 | Gerald 012 356 9500
Or email: bp.sunny@pmweb.co.za | geraldk@fhchamberlain.co.za

RACE RULES

1. The race is run in accordance with the rules of ASA and AGN.
2. Registered athletes must wear the current year's (2019) licence number front and back. If issued with a race number this must be worn on the front of the vest. Race numbers must not cover the logos on the ASA licence number.
3. Temporary licenced athletes to wear temporary licence on back of vest and race number on front.
4. All licenced athletes competing for category prizes must wear numeric category tags clearly visible front and back. Proof of age for prize winners will be required to be presented to referees before the prize giving. Prizes will be withheld until confirmed.
5. Walkers competing for prize money must wear WALKER/W tags on the front and back of their vest.
6. No seconding is allowed.
7. International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize. Foreign athletes must abide by the IAAF rule 4.2.
8. No blade, cyclist or mechanically operated device allowed in the race.
9. No iPods or listening devices.
10. Minimum 14 years for 10km and 16 years for 21.1km.
11. Water points are approximately every 3km.
12. Children younger than 9 years in the 5km fun run must be accompanied by an adult taking responsibility for the child.
13. Medical support will be available.
14. Participants are required to obey instructions from all traffic officials, race marshals and referees.

VENUE:

Phobians Club: Queens Crescent, Lynnwood, Pretoria

GPS co-ordinates: S25 45'64.4" E28 15' 22.8"



RELEASE & WAIVER

In consideration of the acceptance of my entry, I, for myself, my executors, heir's administrators and assigns, do hereby release and discharge Phobians and Alpha Centurion running clubs, National Provincial bodies, all sponsors, any and all volunteer groups, all medical personal, any and all local authorities from all claims for injuries, damage of property, or loss I may suffer caused by negligence by them or out of participation in this event, including pre and post race activities. By entering these events, I declare that I agree to abide to the rules of the race and rules of ASA. I am physically fit and sufficiently trained to participate in this event.