



# CHAMBERLAIN CAPITAL CLASSIC

SATURDAY, 7 OCTOBER 2017

Phobians Club: Queens Crescent, Lynnwood

> 21.1KM RUN  
starts 06h00

> 10KM RUN  
starts 06h00

> 5KM FUN RUN  
starts 06h15

## GET A FREE T-SHIRT

The first 2000 entries in the 10km and 21.1km get a free Chamberlains Capital Classic 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



## > RACE INFORMATION

RACE	ENTRY FEE	TEMPORARY LICENCE	START TIME	CUT-OFF TIME	MINIMUM AGE	PRIZE GIVING
21.1km	R90	R30	06h00	3.5hrs	16 years	09h00
10km	R60	R30	06h00	3.5hrs	14 years	08h00
fun run	R40	none	06h15	3.5hrs	none	08h00

Non-registered athletes must buy a temporary licence at R30. 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 gazebos welcome but fire extinguishers mandatory.

## RACE MEDALS

### GOLD MEDALS

To all prize winners and 1st man/woman 5km fun run

### SILVER MEDALS

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

### BRONZE MEDALS

To the next 3500 runners/walkers in the 21.1km, 10km and 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+
1st	R1000 + R200 gift card	R500	R300	R200	R150	R150
2nd	R800 + R200 gift card	R200	–	–	–	–
3rd	R500 + R200 gift card	–	–	–	–	–
1st walker	R500 + R200 gift card	R300	R150	R150	R150	R150

## PRIZE MONEY 10KM WOMEN & MEN

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

# > 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

## SPORTS SHOPS

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

Runners Shop: 012 320 0055  
The Tramshed Centre

Sweatshop: 012 655 0048  
Southdowns Centre, Irene

Sweatshop: 011 325 2567  
Dunkeld, Johannesburg

## ONLINE

[www.entreonline.co.za](http://www.entreonline.co.za)

Online entrants may pick up entries from 04h30 at Phobians on race day, or from 15h00 to 18h00 at Phobians on 6 October. Online entries close 1 October at 12h00

## LATE ENTRIES & COLLECTIONS

Late entries and entry collection from 15h00 to 18h00 on 6 October or on race day from 04h30 at Phobians Club.

Pre-entries close 4 October at 12h00

## TEMPORARY LICENCES

Only 2017 licence numbers or AGN temporary licences will be valid

## ORGANISATION

Race organised by Phobians running club and Alpha Centurion Runners & Walkers

## RACE ENQUIRIES

Bert 082 922 6817 | Graham 076 246 5185 | Gerald 012 356 9500  
Or email: [bp.sunny@mweb.co.za](mailto:bp.sunny@mweb.co.za) | [geraldk@fhchamberlain.co.za](mailto:geraldk@fhchamberlain.co.za)

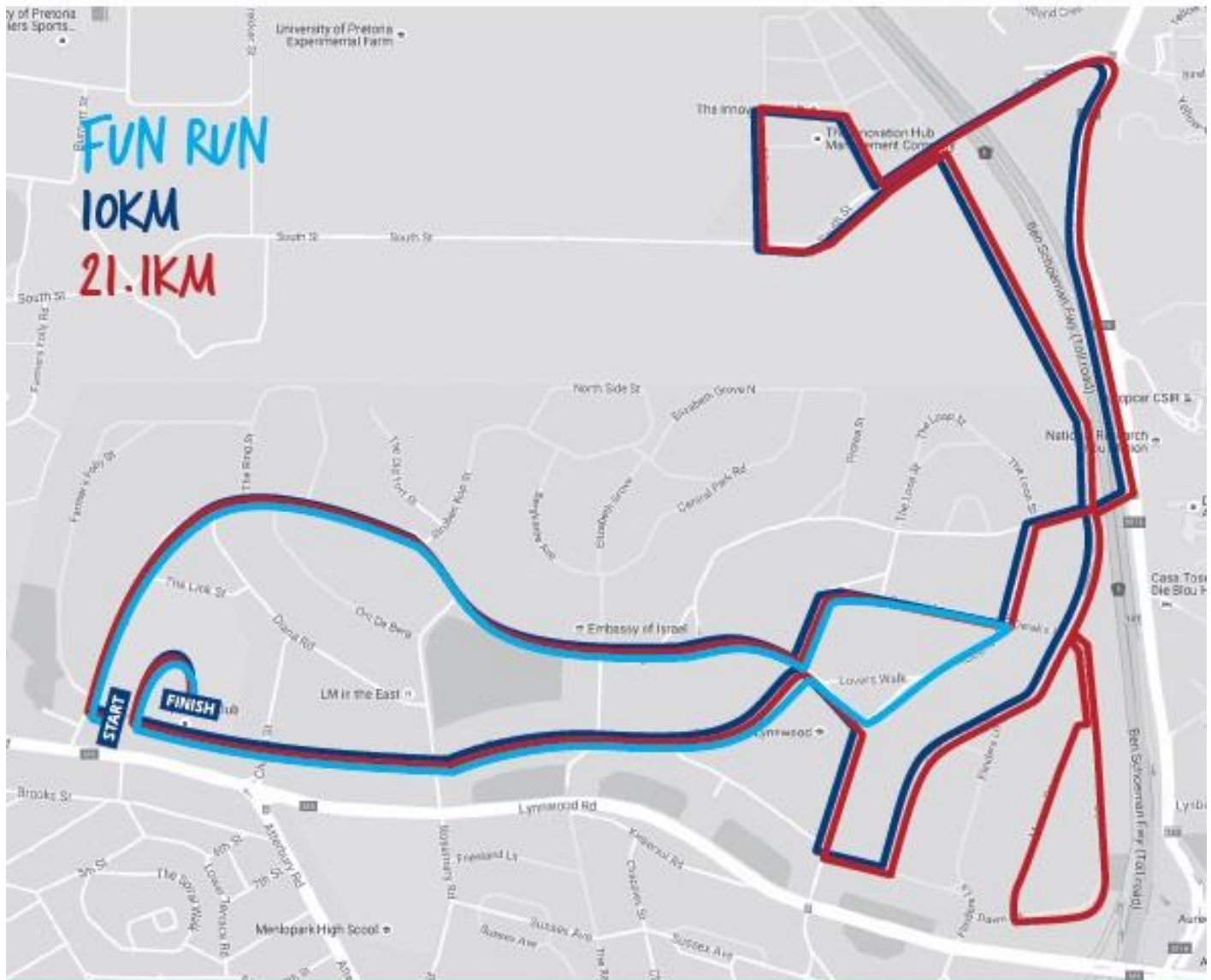
## RACE RULES

1. The race is run in accordance with the rules of ASA and AGN.
2. Registered athletes must wear the current year's (2017) licence number front and back. If issued with a race number this must be worn on the front of the vest, and must be attached below the ASA and LOTO so that those logos are clearly visible.
3. Temporary licenced athletes to wear temporary licence on the back of the vest and race number on the 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 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.