



ARCADIA

24TH TOM JENKINS — Run/Walk Challenge

**21.1km
6:00am**

**10km
6:00am**

**5km
6:20am**



18 NOV 2017

Pretoria Union Buildings

GPS coordinates

27.7402 S, 28.2102 E



Entry Fees

5km	R50	non - registered athletes
10km	R80	(10km - 21km) must buy a
21.1km	R100	temporary license for R30



ARCADIA

pre - entries open from 1 October until 17 November
at the following outlets :

Run Away Sport-012 361 3733
The sweatshop-012 665 0048
Tshwane Running Shop-072 929 7384
Online entries: www.enteronline.co.za

Late entries at venue on 17 November
from 12:00 until 18:00 and on race
day from 04:00

Medals: DISTANCE

DISTANCE	1st Ten	100	The Rest
5 KM	category winners	100	The Rest
10 KM	category winners	100	The Rest
21.1 KM	category winners	100	The Rest

Prize Money Men & Women (10k & 21.1km) Runners & Walkers

	First	Second	Third
Open	R500	R350	R250
40-49	R350	-	-
50-59	R350	-	-
60-69	R350	-	-
70+	R350	-	-
Junior	R350	-	-

Rules :

1. the race is run in accordance with the rules of ASA and AGN. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same maybe arising out of their participation in the race.
2. Registered athletes must wear the current years (2017) license number back and front, if issued with a race number this must be worn on the front of vest.
3. Temporary licensed athletes to wear temporary license at the back of vest.
4. All licensed athletes competing for category prizes must wear numeric category tags clearly visible front and back. Proof of age for prize winners will be required and to be presented to referees before prize giving. Prizes will be withheld until

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. Foreign athletes must abide by the IAAF rule 4.2. international athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize.
8. No blade, cyclist or mechanically operated device allowed in the race.
9. No Pods or listening devices.
10. Minimum age : 15yr-10km & 16yr-21.1km.
11. Water points at approximately every 3km.
12. Time-limit for all the distances 180min. medical support will be available

