

**medihelp**  
*sunrise monster*  
2019



# CONQUER THE MONSTER

*Hills are nothing. Determination is everything.*

5 km | 10 km | **21 km** | 32 km

**Saturday, 2 March 2019**

Harlequin Club | Groenkloof, Pretoria



Medihelp is an authorised financial services provider

# Entry form

OFFICIAL USE ONLY

Race No

Temp No

Name

Surname

ID number

Age on day of event

Cell

Gender

Email

Licence No 2019

Athletic club

Province

AGN

CGA

OTHER

Age category

Junior (<20)

Open

Veterans (40+)

Master (50+)

Grand Master (60+)

Great Grand Master (70+)

GG Grand Master (80+)

Are you a member of a medical scheme?

Y  N

Please specify:

## Entry fee

	32 km	21 km	10 km	5 km*	Temp. Licence*	Total
Early-bird entries until 26 February 2019	R160	R150	R100	R50	R40	
Grand Master (GM)	R80	R70	R50	R40	R40	
Race-eve entries on 1 March (excl GM)	R160	R150	R100	R50	R40	

\* No temporary licence required for 5 km fun run.  
Please note that an admin fee is applicable to online entries.

Free entry on race eve or race day only:  
For G & GG Grand Master (70+ & 80+) entrants with proof of ID.

All participants must read the following and sign in the space provided:

I declare to abide by the rules of the event. I will participate in the race at my own risk and I hereby indemnify the national and provincial bodies, sponsors and organisers of the race against any action or claim of whatever nature, which may result from my participation in the event.

Signature

Parent/Guardian signature  
(if under 18 years)

Date

# WILL YOU CONQUER THE MONSTER?

All participants will receive a free finisher buff

\*While stocks last

# Special race features

## 32 km (Sunrise Monster)

- Gold medals for winners of each category.
- Silver medals for all men who finish under 2:08 and all women who finish under 2:30.
- Bronze medals for all other finishers.

## 21 km (Half Monster)

- Gold medals for winners of each category.
- Silver medals for first 20 finishers (excluding category winners).
- Bronze medals for all other finishers.

## 10 km (Mini Monster)

- Gold medals for winners of each category.
- Silver medals for first 50 finishers (excluding category winners).
- Bronze medals for all other finishers.

## 5 km fun run (Baby Monster)

- Medals for all finishers.
- No temporary licence required.

## All races

- Limited parking at Harlequin Club with security. Donations to car guards welcome. Tog bag area will be available at own risk. Please note that, although all possible security precautions will be taken, tog bags are kept at the owner's risk. All participants must comply with security arrangements and instructions.
- Netcare 911 will provide medical support en route as well as at the finish.
- Hot and cold refreshments will be on sale.
- Water points will be available approximately every 3 km along the route.
- Toilet and shower facilities available.
- Club gazebo's are welcome and may be erected at your own risk after 12h00 on Friday 1 March as per the organisers field allocation. Overnight security will be present. NO cars will be allowed on the field on race morning and any trailers/gazebo's will have to be pushed/carried to the designated club areas.
- Athletes are requested to run clean, and to discard their litter only in the bins provided at the demarcated waterpoint areas.

# Prizes: men and ladies

32 km runners	1st	2nd	3rd
Open	R1000	R600	R300
Veterans (40+)	R500		
Master (50+)	R400		
Grand master (60+)	R300		
Great grand master (70+)	R200		
GG Grand master (80+)	R200		

21 km runners	1st	2nd	3rd
Open	R800	R500	R250
Veterans (40+)	R400		
Master (50+)	R300		
Grand master (60+)	R200		
Great grand master (70+)	R200		
GG Grand master (80+)	R200		

10 km runners	1st	2nd	3rd
Open	R600	R400	R200
Veterans (40+)	R300		
Master (50+)	R300		
Grand master (60+)	R200		
Great grand master (+70)	R200		
GG Grand master (80+)	R200		
Juniors	R200		

10 km walkers	1st	2nd	3rd
Open	R400	R300	R200
Veterans (40+)	R200		
Master (50+)	R200		

## Saturday, 2 March 2019

Harlequin Club | 56 Totius Street, Groenkloof

### Starting time:

32 km	06:03
21 km	06:03
10 km	06:30
5 km	06:45

### Prize-giving:

10 km	08:30
21 km	09:30
32 km	09:30

# Entry information

Online entries close on Tuesday 19 February 2019. Running Store entries close on Tuesday 26 February 2019. Entries for all distances available at the Harlequin Club venue on Friday 1 March 2019 from 11h00 to 18h00. A limited number of entries for all distances will be available at the venue from 04h30 on race morning, to specifically cater for 'out-of town' entrants (while stocks last). To download an entry form or to enter online go to [www.medihelp.co.za/showcase/events](http://www.medihelp.co.za/showcase/events).

### Store entries:

Run-a-Way Sport, 302 Freesia St, Lynnwood Ridge, Pretoria	Tel. 012 361 3733
The Sweat Shop, South Downs, Centurion	Tel. 012 665 0048
The Sweat Shop, Jan Smuts Ave, Dunkeld, Jhb	Tel. 011 325 2567
The Sweat Shop, Bedford Arcade, Bedfordview, Jhb	Tel. 011 450 2421
The Natural Runner, Old Jhb Road, Centurion Lifestyle Centre	Tel. 012 030 0136

### Race enquiries:

Geoff Hesse - 082 896 4377
Piet Ackermann - 082 337 6909
Tshepo Matlhare - 078 703 6236

### Entry collections

Online entries can be collected from the following requested pickup points:

- Johannesburg: The Sweat Shop, Bedford Arcade, Bedfordview on Thursday 28 February from 11h00 to 18h00.
- Pretoria: The Harlequin Club, Totius St, Groenkloof on Friday 1 March from 11h00 to 18h00.



# Rules

- The race is held under the rules of ASA and AGN.
- Athletes participate at their own risk.
- All athletes must wear their Medihelp race numbers on the front of their running vests, taking care not to obscure the ASA/main sponsor logo on the valid licence number beneath it. Registered athletes must wear their valid licence numbers on the front and the back. Non-registered athletes must purchase a temporary licence in addition to the race entry fee and this number must be worn on the back.
- No licence numbers are required for the 5 km fun run (Baby Monster).
- No athletes under the age of 19 years on the day will be allowed to enter the 32 km race. No athletes under the age of 16 years will be allowed to run the 21 km race. No athletes under the age of 14 years will be allowed to run the 10 km race. No athletes under the age of 9 years on the day will be allowed to run the 5 km fun-run.
- An athlete will not be eligible for any age category prizes unless he/she is wearing an official age category tag for the category he/she is competing in, prominently displayed on the front and back of his/her running vest. An athlete may only compete in the age category displayed on his/her vest. Thus, a master athlete will not qualify for any veteran prizes, and a grand master will not qualify for any veteran or master prizes. An athlete may, however, decide to enter for a younger age category by wearing the specific age category tag for a specific event. In all races with pre-entries or where different age categories are accepted, athletes must enter for the age category corresponding to the age category tag displayed on his/her running vest. Any athlete who cannot on request produce any acceptable proof of age documents, will be afforded three days in which to comply, failing which he/she will be ineligible for any age group prizes.
- Walkers competing for prizes should have their "W" ID tags prominently displayed on the front and back of their running vests.
- Traffic Officials, Route Marshalls and Race Officials are to be obeyed at all times.
- No iPods, Walkmans, or similar listening devices are allowed whilst participating (IAAF Rule).
- No seconding or bicycles are allowed along the route. Ample refreshment stations are provided.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against all and any actions of whatever nature that may occur during the race.
- Proof of age to be produced on race day if requested by a referee.
- No refunds will be made.
- In the event of non-participation, an entrant may not allow another runner to use his/her number without prior permission from the race organiser, which permission must be obtained at least 24 hours in advance.
- Foreign athletes must observe IAAF Rule 4.2.
- Cut-off time:
  - 32 km - 4 hours 30 min (runners and walkers)
  - 21 km - 3 hours 30 min (runners and walkers)
  - 10 km - 2 hours 30 min (runners and walkers)Athletes unable to complete the events within the designated cut-off times may be requested to retire from the race and leave the routes.
- Routes not suitable for wheelchair athletes.
- Race results will be available on [www.raceresults.co.za](http://www.raceresults.co.za)

# Route indication



# How to get there



The race is held at the Harlequin Club in Groenkloof, Pretoria. From Johannesburg, enter Pretoria at the Fountains Circle from the R21 or Ben Schoeman Highway (R28) by taking the Euelee off-ramp. Follow the direction indicators from the circle onwards.

## Join Medihelp MultiSport

Attention Gauteng North runners:

Join Medihelp MultiSport for only R265 and get your free joining pack and 50% discount on Club running gear

Visit our club gazebo on race day or [www.medihelp.co.za](http://www.medihelp.co.za) to join.

