



16 km rules & instructions

- ❖ All entrants must collect their race bib and timing chip at the start before 6:45 am.
- ❖ Minimum age for participants: 15 years.
- ❖ Entry fees are non-refundable.
- ❖ No personal seconding will be permitted.
- ❖ Prize giving will take place at 10.15 am
- ❖ Licensed runners and walkers must wear club colours and their 2017 licence number on the front and back of their upper body clothing.
- ❖ New ASA/KZNA approved age category & walker tags must be worn on the front and back of running top to qualify for a category prize.
- ❖ To be eligible for a prize participants must be present at the prize giving. Proof of ID may be requested.
- ❖ Unlicensed participants are required to purchase a temporary licence which must be worn on the back of their upper body clothing. A temporary licence costs R15.
- ❖ This event is conducted subject to the rules of IAAF, ASA & KZNA.
- ❖ Race number to be worn on the front of upper body clothing.
- ❖ 70+ runners and walkers may receive free entry upon proof of age.
- ❖ All foreign athletes must abide by IAAF rule 4.2 and 142.
- ❖ Tog bag facilities will be available at the Bishopstowe Hall. Facilities used at owner's risk.
- ❖ 70+ runners and walkers in the 16 km event may receive free entry upon proof of age.
- ❖ All foreign athletes must abide by IAAF rule 4.2 and 142.

Directions to Bishopstowe Hall:

From N3 take New England Road turn off exit 77.

From N3 South turn right into New England Road and proceed over bridge to traffic circle.

From N3 North turn left into New England Road and proceed to traffic circle.

At the traffic circle take second exit up Hesketh Drive. Drive 3.3 kms to Grimthorpe Avenue and turn right. Drive 2 kms and cross over Duzi low level bridge and another 3 kms to the Bishopstowe Hall. GPS co-ordinates: -29.600313, 30.461397