

The Duke of York: 3 November 2019

Bishopstowe Sports Park & Hall

Harriet Colenso Road, Bishopstowe

Rules & instructions

- ❖ All entrants must collect their race number at the Bishopstowe Hall on the day of the event before the start (from 5 am).
- ❖ Race number to be worn on the front of vest/t-shirt.
- ❖ Entry fees are non-refundable
- ❖ Minimum age for participants:
5 kms - 9 years ; 16 km - 15 years.
- ❖ No personal seconding will be permitted.
- ❖ Prize giving will take place at 10.15 am
- ❖ To be eligible for an age category prize participants must be present at the prize giving. Proof of ID may be requested.
- ❖ 70+ runners and walkers may receive free entry upon proof of age.
- ❖ Cut-off time is 10 am for both events.
- ❖ No littering.

Information and enquiries

- ❖ Enquiries 082 7500 822
- ❖ Information www.collegiansharriers.co.za/duke.htm
- ❖ Tog bag facilities will be available at the Bishopstowe Hall. Facilities used at owner's risk.
- ❖ Finishtime will time both events and every finisher will receive an sms stating their time.
- ❖ There will be "drink and go" seconding tables along the route at 3 km, 9 km & 13 km. No water sachets will be provided. Participants are encouraged to bring their own additional refreshments.
- ❖ Food and refreshments will be on sale.
- ❖ Jumping castle will be available for children. Use of this facility at own risk.