



CSI IRENE FARM RACE WITH DISCOVERY VITALITY

26 OCTOBER 2019



**RUN
SERIES**

21.1KM | 10KM | 5KM

ARC Campus, Nellmapius Drive, Irene

ENTRY FEES

Entry fees	21.1km	10km	5km
70+	Free	Free	Free
60 – 69	R80	R80	R60
All other categories	R130	R100	R60

Kiddies run: R10

PRE-ENTRIES ONLY

Pre-entries only - Capped on 6000 entries (Pre-entries close on 19 October or when cap is reached).

Online entries: www.csi-euf.co.za

Sweat Shop Dunkeld: 011 325 2567

Sweat Shop Bedfordview: 011 325 2567

Sweat Shop Southdowns: 012 665 0048

Run-Away-Sport: 012 361 3733

RACE NUMBER COLLECTION

Thursday 24 October: 09:00 till 18:00 – Sweat Shop Dunkeld

Friday 25 October: 09:00 till 18:00 – Sweat Shop Southdowns

Race day (Saturday 26 October): 04:00 till 06:00
– at the venue

IRENE TRIPLE CHALLENGE

Athletes who entered for the ITC and who completed the other two legs (JointEze 21/48 km and Irene Spring Race 21 km) will receive their medal and special T-shirt after completing the 21 km race.

Please note that ITC entrants can collect their race numbers on the morning of the race only. ITC numbers will NOT be available in the shops.

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available.

PARKING

Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions. Entrance to the ARC is opposite Denel Dynamics.

Park and ride parking available from the Olifantsfontein entrance.

RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times:
10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

RULES

- The race will take place under the rules of ASA, AGN and IAAF and all participants must wear club colours during the race except if participating with a temporary licence.
- All participants enter at their own risk and by their entry indemnify the organisers and sponsors of any liability or claims.

- All participants in the 10 and 21 km must wear a valid 2019 licence number on the front and back of their running tops during the race. Unlicensed participants must buy a temporary licence (R40). Race numbers must be worn on the front of the running top, but must not cover the logo of the sponsor on the licence.
- Marshals and traffic officials must be obeyed at all times.
- No seconding will be permitted.
- Minimum age of 14 years on race day for the 10 km and 16 years for the 21 km.
- Category winners must provide proof of age to qualify for prizes (ID or other valid documentation)
- Athletes competing for prizes must wear official age category tags on the front and back of their running tops.
- Walkers competing for prize money must wear an official 'W' on the front and back of running top.
- Foreign athletes must observe IAAF rule 4 paragraph 2.
- No pets allowed
- Entry fees cannot be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers.

FUN FOR THE WHOLE FAMILY

Bring the whole family along to join the Irene Athletics Club and 6000 enthusiasts and run/walk along the tranquil streets of Southdowns, the Irene Dairy Farm and Irene Golf Course. Farm animals along the route. There just isn't another race like this!

VENUE

ARC Campus, Nellmapius Drive, Irene

ENQUIRIES

Race office: 082 951 2581

PRIZE MONEY (RUNNERS AND WALKERS, MEN AND WOMEN)

Category	Position	10 km	21.1 km
Open	1	R500	R1 000
	2	R350	R700
	3	R200	R400
40 – 49	1	R200	R400
	2	R150	R200
	3	R100	R150
50 – 59	1	R150	R200
	2	R100	R150
60 – 69	1	R150	R200
	2	R100	R150
70 – 70	1	R100	R150
80+	1	R100	R150
Juniors	1	R150	R200
	2	R100	R150
Walkers	1	R300	R500
	2	R200	R350
	3	R100	R200
40 – 49	1	R150	R200
50 – 59	1	R150	R200
60 – 69	1	R150	R200
70 – 79	1	R100	R150
80+	1	R100	R150

By entering this race which forms part of the Discovery Vitality Run Series, you hereby agree to share relevant personal information with Discovery Vitality (Pty) Ltd and related third parties.