



# ENTRY FORM

Please complete the details below and drop it off at any of the pre-entry points.  
I am entering the Irene Spring Race as follows:

5km  10km  21.1km  Temporary License

Name and Surname

Identity Number

Club/School

Postal Address  Code

Email

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

Signature  Date

Signature of parent/guardian if under 18

### GENERAL INFORMATION

1. Registration starts at 4.30am;
2. Distance markers every 1km;
3. Water points every 3km;
4. Pets only allowed in the 5km;
5. Cut-of time is 9.30am;
6. Tog bag area available;
7. The route is suitable for wheelchair athletes.

### STARTING TIMES

- 21.1km - 6am
- 10km - 6am
- 5km - 6:10am
- Wheelchairs - 5:45am
- Walkers - 5:45am

### ENQUIRIES

Email: [info@irenerunner.co.za](mailto:info@irenerunner.co.za) | Web: [www.irenerunner.co.za](http://www.irenerunner.co.za)  
Tel: 012 662 4446 | Race Office Tel: 082 951 2581  
[www.irenevillagemall.co.za](http://www.irenevillagemall.co.za)



# IRENE SPRING RACE

28 SEP 2019

### STARTING TIMES

- 21.1KM (6AM)
- 10KM (6AM)
- 5KM (6:10AM)
- WHEELCHAIRS & WALKERS(5:45AM)

# Irene Village Mall

[irenevillagemall.co.za](http://irenevillagemall.co.za)



## PRE ENTRIES

Enter online at <https://secure.onreg.com/onreg2/front/step1.php?id=4650> or [www.irenevillagemall.co.za](http://www.irenevillagemall.co.za). Race day entries will take place at Irene Village Mall from 4.30am until 5 minutes before the start of the race.

## You can also pre enter at the following places:

Run-A-Way Sport: 012 361 3733

Sweat Shop Southdowns: 012 655 0048 | Sweat Shop Dunkeld: 011 325 2567

Irene Village Mall Centre Management - 012 662 4446

Entries will be taken at Irene Village Mall on Friday 27 September 2019 from 4pm - 7pm. Pre-entries close on 22 September 2019.

## PRIZE-GIVING

10km (8am) | 21.1km (9am)

Please note: category winners who are not present at the prize-giving will have to collect their prizes / medals at the office of Irene Athletics Club.

## ENTRY FEES

5km: R50 | 10km: R80 | 21.1km: R100

GM: R50 | GGM: Free

Temporary License: R40

## PRIZES:

Category	Position	10km	21.1km
Open	1	R 500.00	R 1 000.00
	2	R 300.00	R 700.00
	3	R 200.00	R 400.00
40-49	1	R 200.00	R 400.00
	2	R 150.00	R 300.00
	3	R 100.00	R 200.00
50-59	1	R 150.00	R 200.00
	2	R 100.00	R 100.00
60-69	1	R 150.00	R 150.00
	2	R 100.00	R 100.00
70+	1	R 100.00	R 100.00
Juniors	1	R 150.00	R 200.00
	2	R 100.00	R 100.00
Walkers	1	R 300.00	R 500.00
	2	R 200.00	R 300.00
	3	R 100.00	R 200.00
40-49	1	R 200.00	R 300.00
50-59	1	R 200.00	R 300.00
60-69	1	R 200.00	R 200.00
70+	1	R 100.00	R 100.00
80+	1	R 100.00	R 100.00
Wheelchair	1	R 200.00	R 300.00
	2	R 100.00	R 200.00

## ECO-FRIENDLY MEDALS

To all finishers of all races (4500 on race day, and remaining to be collected at the Irene Athletics Club)

## LOCATION:

Irene Village mall, Cnr Nellmapius Drive and Van Ryneveld Avenue, Irene, 0157



## RACE RULES:

1. All runners participate at their own risk and indemnify the organisers (Irene Village Mall, Resilient Properties (PTY) LTD and the Irene Athletics Club), and sponsors of any liability claims by entering.
2. All participants in the 10km and 21.1km must wear a valid race number on the front and a valid 2019 license number. Non-registered athletes have to purchase a temporary license. No license is required for the 5km race. Race numbers must not cover the sponsors logo on the licence number.
3. The race will take place under the rules of the ASA, AGN and IAAF and all participants must wear club colours during the race, except if participating with a temporary license.
4. Marshalls and traffic officials must be obeyed at all times.
5. No seconding is permitted.
6. Minimum age of 14 years on race day for the 10km and 16 years for the 21.1km.
7. Category winners must provide proof of age to qualify for prizes (ID or other valid identification documentation).
8. There is no age restriction for the 5km.
9. Athletes competing for category prizes must wear official age category ID (front and back vest).
10. Foreign athletes must observe IAAF rule 4, paragraph 2.
11. No iPods or listening devices are allowed.
12. Walkers competing for prize money must wear Walker/W tags on front and back of vest.
13. Medical support will be available.
14. Entry fees are non-refundable
15. Entries cannot be refunded, cancelled, returned or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers.