

FAMILY FUN DAY WITH LOTS OF ENTERTAINMENT

Many food and drink stalls | Picnic area, no open fires allowed, gas braais welcome

VENUE

ARC Irene Campus (see map). Come early to enjoy the day.



Parking also available on Denel grounds (Type 'Denel Dynamics' into Google Maps)

MEDALS

Gold: 1st ten men & 1st ten ladies plus category winners in the 21,1km and 48km.

Silver: Next 100 in the 21,1km and 48km.

Bronze: 5km – 1000 on the day to finishers 21,1km & 48km – All entrants who finish.

LUCKY DRAW PRIZES WILL BE HANDED OUT AT PRIZE GIVING

ENQUIRIES

082 951 2581 and info@irenerunner.co.za

JOINTEZE IRENE ULTRA PROUDLY PRESENTED BY:

JOINTEze *MODERN athlete*



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CHAMPIONCHIP The 48km and 21km events are timed by ChampionChip. No chip. No result. No prize.

ULTRA MARATHON ENTRIES LIMITED TO 4000. HALF MARATHON LIMITED TO 2000

JOINTEze IRENE ULTRA

POWERED BY *MODERN athlete*

#THEQUALIFIER

ARC Irene Campus 7 April 2019

DISTANCE	START	PRIZE-GIVING
48km	05:30am	11:30pm
21.1km	05:30am	08:30am
5km fun run	06:00am	08:00am

Enquiries : 082 951 2581 and info@irenerunner.co.za



Ideal seeding opportunity. Qualifying time is 6 hours, the same as for 50km, but with 2km less to run. Mat to mat timing,

5km

21km

48km

ENTRY FEES

	48km	21.1km	5km fun run
	R230	R110	R50
60-69	R150	R60	R50
70+	Free	Free	Free
Temporary licence	N/A	R40	Not required

The 48km and 21.1km events are being timed with the ChampionChip system and therefore you are required to own a ChampionChip to get an official timed result and be eligible for prize money. ChampionChips are available to purchase for R150. No chip. No result. No prize.

PRIZE GIVING

Prize giving will commence at 11:30 for the 48km, 08:30 for the 21,1km and 08:00 for the 5km fun run.

PLEASE TAKE NOTE:

Category winners who are not present at the prize giving will have to collect their prizes and medals from the Irene Athletic Club.

PRIZE MONEY

Category	48km			21.1km			5km fun run		
	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd
Runners - Men & Women									
Open	5000	3000	2000	750	500	300	300	200	100
40-49	1500	1000	500	300	200	100	-	-	-
50-59	1000	750	500	300	200	100	-	-	-
60-69	750	500	-	200	100	-	-	-	-
70-79	500	-	-	200	-	-	-	-	-
80+	-	-	-	200	-	-	-	-	-
Junior	-	-	-	200	100	-	-	-	-
Walkers - Men & Women									
Open	-	-	-	500	300	200	-	-	-
40-49	-	-	-	200	100	-	-	-	-
50-59	-	-	-	200	100	-	-	-	-
60-69	-	-	-	200	100	-	-	-	-
70-79	-	-	-	100	-	-	-	-	-
80+	-	-	-	100	-	-	-	-	-
Junior	-	-	-	200	100	-	-	-	-

T-SHIRT



Quality technical t-shirt

R10 000 INCENTIVE

FOR A NEW COURSE RECORD FOR THE ULTRA MARATHON FOR BOTH MALE & FEMALE

Current Male Record 2:50:55

Current Female Record 3:23:30

RULES

- All participants at their own risk and by their entry indemnify the organisers and sponsors of any liability or claims.
- All participants in the 48 km and 21.1 km must wear a valid 2019 licence number on the back and front of their vest during the race. Unlicensed runners/walkers in the 21 km must buy a temporary licence (R40). Runners in the 48 km must wear a permanent 2019 licence number and are not allowed to wear a temporary licence number. Race numbers must be worn on the front of the running top. The race number must not cover the sponsor's logo on the licence number.
- The race will take place under the rules of ASA, AGN and IAAF and all participants must wear club colours during the race, except when participating with temporary licences.
- No seconding will be permitted.
- Minimum age of 16 years on the day of the 21.1km race. Minimum age of 20 years on the day of the race for the 48 km race.

- Marshals and traffic officials must be obeyed at all times.
- Category winners must provide proof of age to qualify for prizes (ID or other valid documentation).
- Athletes competing for category prizes must wear official age category ID tags (front and back of vests).
- Walkers competing for prize money must wear official W tags on front and back of vest.
- Foreign athletes must observe IAAF rule 4 paragraph 2
- Sorry, no pets allowed.
- No iPods or listening devices allowed.
- Entry fees will not be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers.
- No official timing of the 5 km fun run.
- 48 Km & 21 Km entrants have option to buy the high quality, official T-shirt when entering.

RACE INFORMATION

- The 48km and 21,1km races will start at 05:30am. The 5km fun run will start at 06:00am.
- Medals: The first 1000 finishers of the 5km fun run will receive medals. All entrants who finish the 21,1km and 48km will receive medals.
- Distance markers every 1km.
- Water points every 3km.
- Cut-off times: The cut-off for the 21,1km is 09:00am. The cut-off for the 48km is 11:30pm. There will be a cut-off of 3 hours at the 21km mark for the ultra marathon.
- Tog bag area available.
- Medical support available.
- The 5km fun run is wheelchair friendly.

ONLINE ENTRIES ONLY

Enter online at www.championchip.co.za
Online entries close 22 March 2019

RACE PACK COLLECTION

- Thursday 4th April - Jhb (TBC)
- Friday 5th April - 09:00 till 18:00
Sweatshop Southdowns
- Saturday 6th April - 09:00 till 18:00
Sweatshop Southdowns
- Race Day (Sunday 7th April) - 04:00 till 05:30
at the venue