

LIQUITM FRUIT



- 8th November 2014
21.1/10km **Pre Entries Only**
- 5km fun run & 1km kids run
Presented by Irene Athletics Club

Entry fees (Running/Walking)

- 21.1 km - R60
- 10 km - R50
- 5 km Fun run - R30
- Kids Run - R10 (Proceeds of Kids Run to Jumping Kids)
- 70+ - R10
- Temporary licence - R30

Free T-shirts

To the first 1000 pre-entries of the 21.1 km and 1000 of the 10 km



Raffle tickets will be on sale in support of Jumping Kids at their designated area. Please support this great cause and help to give children mobility!

Pre-entries

- Sweat Shop Dunkeld: 011 - 325 2567
- Sweat Shop Fourways: 011 - 467 5966
- Sweat Shop Southdowns: 012 - 665 0048
- Sweat Shop Bedfordview: 011-450 2421
- Run-A-Way Sport: 012 - 361 3733
- Running Inn Pretoria: 012 - 362 7322
- The Runner's Store The Tramshed: 012 -320 0055

Online entries at: www.enteronline.co.za

Pre-entries

Close on 2 November 2014

Race day entries

Entries will be taken at the venue from 04:30 until 5 minutes before the start of the race for the 5km Fun run and Kids run only.

Race numbers can be collected at the clubhouse of the Irene Athletics Club on Friday 7th November 2014 between 15:00 & 19:00 or otherwise on race day. T-Shirts for those who qualify can be collected on race day only at the designated T-Shirt gazebo.

Irene Triple Challenge Irene

Athletes who entered for the ITC and who completed the other two legs (Spar Lantern 10 km and Clover Irene Spring Race 21 km) will receive their medal, shield and special T-shirt after completing the 21 km. Qualifying athletes must please NOT take a medal at the normal medal table after completing the race, but report to the ITC tent to collect their medal, shield and T-shirt.

Also note that ITC entrants who completed the first two legs can collect their LiquiFruit race numbers only on Friday afternoon and on the morning of the race and NOT at any shop. ITC finishers will receive a sticker at the medals table. Use this to collect T-shirt and medal at ITC table. Athletes who completed their 3rd ITC to collect their permanent number, shield and T-shirt at the ITC table.

Prize Money

Category	Position	21.1km prizes	10km prizes
Open	1	R1000	R 500
	2	R 700	R 350
	3	R 400	R 200
	4	R 300	R 150
	5	R 150	R 100
(V)40-49	1	R 400	R 200
	2	R 200	R 150
	3	R 100	R 75
(M)50-59	1	R 200	R 150
	2	R 100	R 75
(GM)60-69	1	R 125	R 100
	2	R 75	R 50
(GGM)70+	1	R 100	R 75
Juniors	1	R 125	R 100
	2	R 75	R 50
	3	R 50	R 25
Walkers	1	R 500	R 300
	2	R 350	R 200
	3	R 200	R 100
(V)40-49	1	R 150	R 100
(M)50-59	1	R 125	R 90
(GM)60-69	1	R 100	R 80
(GGM)70+	1	R 75	R 70

Rules

1. All participate at their own risk and by their entry indemnify the organisers and sponsors of any liability or claims.
2. All participants in the 21.1 km and 10 km must wear a valid 2014 licence number on their back during the race. Unlicensed runners/walkers must buy a temporary licence (R30). Race numbers must be worn on the front of the running top.
3. 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.
4. Marshals and traffic officials must be obeyed at all times.
5. No seconding will be permitted.
6. Minimum age of 16 years on day of race for 21.1 km. Minimum age of 15 years on day of race for 10 km.
7. Category winners must provide proof of age to qualify for prizes (ID or other valid documentation).
8. Athletes competing for category prizes must wear official age category ID tags (front and back of vests).
9. Walkers competing for prize money must wear Walker /W tags on front and back of vest.
10. Foreign athletes must observe IAAF rule 4 paragraph 2.
11. Sorry, no pets allowed.
12. No iPods or listening devices allowed.

Many lucky draw prizes

Prize giving

Prize giving will commence at 08:00 for 10 km and at 09:00 for 21.1 km.

Please take note:

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

Race info

- The 21.1 km & 10 km will start at exactly 06:00
- The 5 km Fun Run starts at 06:10
- The 1 km Kids Run (under 8 years) starts at 08:00
- Medals to all finishers
- Distance markers every 1 km
- Water points every 3 km
- Cut off times: 21 km - 3 hrs 30min, 10 Km - 2 hrs
- Food and drink stalls available
- Picnic areas available
- Fully supervised kiddies entertainment from 05:00 - 09:00
- Tog bag area available
- Medical support available
- 21 Km not wheelchair friendly

Fun for the whole family!

Bring the whole family to join the Irene Athletics Club and 5500 enthusiasts as they run/walk along the tranquil streets of Southdowns, the Irene Dairy Farm and Irene Golf Course. Farm animals can be seen along the route. There just isn't any other race like this!

Enquiries

Wynand: 082 937 0733
 Joy: 083 284 4884
 www.irenerunner.co.za

Venue

ARC Irene Campus (See map)
 Come early to avoid the traffic

Medals

(21.1 km and 10 km)

Gold: First ten men and first ten ladies plus category winners

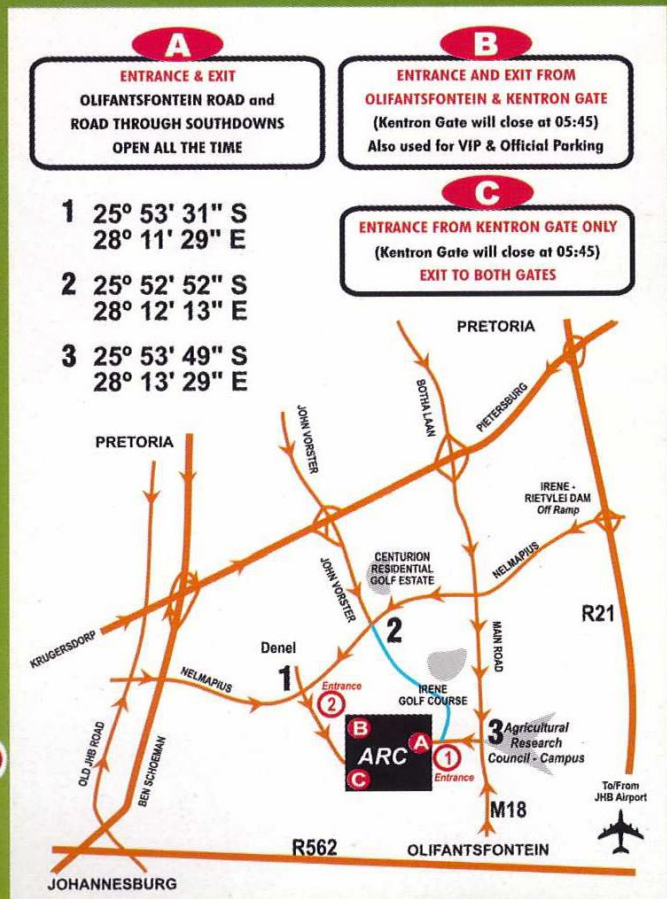
Silver: Next 100

Bronze: All participants who finish within the cut off times (4500 on the day)

Special medals: To all 5 km and 1 km Fun Run finishers



Athletics
 Gauteng North



Entry form

I am entering the Liqui-Fruit Road Race as follows:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.1 km	10 km	5 km	1 km

Surname: _____ First name: _____

ID Number:

Postal address: _____ Code: _____

Email: _____ Tel: _____

Cellphone: _____ Licence No.: _____

Race No. (Office use): _____