

28th CSIR RACE

SATURDAY, 20 OCTOBER 2018

21.1, 10 & 5 km
Run/Walk
AGN League Race

LIMITED TO 3500 ENTRIES

VENUE: CSIR, North Gate, off Meiring Naude Road, Brummeria, Pretoria
Coordinates: S25°44.874, E28°16.523

START TIME: 06:00 - 10 km and 21.1 km walk and run
06:05 - 5 km Fun Run

ENTRY FEE: 21.1 km: R100
10 km: R80
5 km: R40
Grand Masters (60+): Full price
Great Grand Masters (70+): free
Great Grand Masters (80+): free
Temp Licence: R30

ONLINE ENTRIES: Online entry: <http://www.entrytime.com>

PRE-ENTRIES AT SHOPS: Open 1 August 2018
Run-a-Way Sport, Lynwood: 012 361 3733
The Sweat Shop, Centurion: 012 665 0048
The Sweat Shop, Sandton: 011 465 9180

PRE-ENTRIES AT CSIR: Pre-entries at the CSIR Club

- Wednesday, 17 October from 17:00 to 19:00 at the CSIR, Sports hall, South Gate
- Thursday, 18 October from 17:00 to 19:00 at the CSIR, Sports hall, South Gate
- Friday, 19 October from 13:00 to 19:00 at the CSIR, Sports hall, South Gate
- **Race Day from 04:30 to 05:45 at the CSIR, North Gate**
- Both online and shop entries will close on Wednesday, 17 October.
- Please PRINT and bring online entry confirmation to collection.

ENQUIRIES:	Registration / Runners / General:	CSIR Club office	012 841 4094
	Club Gazebos:	Brian Yalisi	072 850 6346
	Suppliers/Vendors:	Zeldra Schutte	079 668 8443



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PRIZES:	Position	Open	40 – 49	50 – 59	60+	70+	80+	Junior	Walkers
21.1 km	1	R1000	R500	R300	R300	R200	R150	R300	R600
	2	R600	R350	R250					R350
	3	R400							
10 km	1	R600	R350	R250	R250	R150	R100	R200	R400
	2	R450	R200	R200					R250
	3	R250							

Medals: Gold for Category winners, 200 Silver, and Bronze for the rest
600 Medals for the 5 km fun runners

PRIZE GIVING: 08:00 – 10 km (run and walk)
09:00 – 21.1 km (run and walk)
Prize winners have to be present at the prize giving

RULES FOR 10 km and 21.1 km RACES

- Race run according to the rules of ASA and AGN.
- Minimum age of 14 years for the 10 km and 16 years for 21.1 km.
- Athletes competing for category prizes must wear age category ID tags on back and front for official time to be registered.
- Prize winners have to be present at the prize giving.
- Cut-off time is 3 hours for all participants.
- Registered athletes must wear the **2018** license numbers in front and at the back of the vest.
- Traffic police and race marshals must be obeyed at all times.
- ID must be provided upon request.
- Foreign athletes must comply with IAAF Rule 4, paragraph 2 regarding handing over their permits to the organisers.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against actions of nature arising out of their participation in the CSIR Race.
- Temporary Licence Athletes to wear the temporary licence at the back of their vest.
- Walkers must wear a "WALKER" or "W" tag on the front and back of their vests.
- No seconding permitted.
- Refreshment stations approximately every 3 km.
- Race number must be worn in front of the vest and must not cover the logos on the licence number.

TERMS AND CONDITIONS

- No iPods or other listening devices permitted.
- No pets allowed.
- Regrettably, no wheelchairs or prams allowed – course unsuitable.
- No blades, cyclists or mechanically operated devices allowed in the race.
- Tog bag area available at own risk.
- No littering allowed; use waste recycling bins provided.
- **ALL gazebos need to be put up on Friday from 14:00 to 19:00. No gazebos / trailers will be allowed to be set up on Race day. Please send Club name, Name, Identification number and car registration plate to bcalisi@gmail.com before Wednesday 17 October 2018 to obtain access for the Friday and Saturday.**

Medical support will be available on race day.

Results available on www.raceresults.co.za

More information available at www.csirrunner.co.za

