



TEL: 012 549 1690 www.wonderparkcentre.co.za

ENTRY FORM

FAX FORM AND DEPOSIT SLIP TO: 012 546 2339

THIS SECTION TO BE COMPLETED BY
42.2 KM, 21.1 KM AND 10 KM ATHLETES

EVENT	42.2 km	21.1 km run	21.1 km walk	10 km run	10 km walk	Temp licence	TOTAL
Entry Fee	R80-00	R60-00	R60-00	R40-00	R40-00	R30-00	
Grand Masters	R40-00	R30-00	R30-00	R20-00	R20-00	R30-00	
Pre Entries	R70-00	R50-00	R50-00	R35-00	R35-00	R30-00	

Surname: _____ Initials: _____ Title: _____

First name: _____

Postal address: _____

Postal code: _____

Tel. no. (home): _____ Work: _____

Cell no.: _____ Fax no.: _____

ID number: _____ Age on race day: _____

Age Category: Junior Senior 40-49 50-59 60-69 70+

2012 Licence no.: _____ Province: _____

Club / School / Company: _____

To be signed by all competitors:

I declare to abide by the rules of the 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 whatever nature, which may result out of my participation in the event.

Signature of entrant

Date

Signature of parent/guardian
(if under age of 18 years)



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AKASIA 3 IN 1

5KM 10KM 21.1KM 42.2KM



DATE: 21 JANUARY 2012
VENUE: WONDERPARK SHOPPING CENTRE
 Heinrich Avenue, Karenpark
 GPS co-ordinate: S25° 40,264 E28° 6,703
TIME: 42 Km & 21 Km 06H00
 10 Km 06H20
 5 Km 06H30

NEW ROUTE

- **CUT-OFF TIME:** 11h00 for all events
- **PRIZE-GIVING:** 08h00 (10 km run/walk)
09h00 (21.1 km run)
10h00 (42.2 km run)
- **RACE INFO:** 071 444 3283 / www.akasia.co.za / www.wonderparkcentre.co.za

Comrades



Qualifier



A donation of R5 per entry
will be given to charity

Donate any running shoes
or clothes for the needy

ENTRY INFORMATION

ENTRY FEES

	5km	10km	21.1km	42.2km
PRE-ENTRIES:	-	R35	R50	R70
RACE DAY:	R20	R40	R60	R80
TEMP LICENCES:	-	R30	R30	R30
GRAND MASTERS	R20	R20	R30	R40
GRAND GRAND MASTERS	FREE	FREE	FREE	FREE
BLIND & WHEELCHAIR RUNNERS	FREE	FREE	FREE	FREE

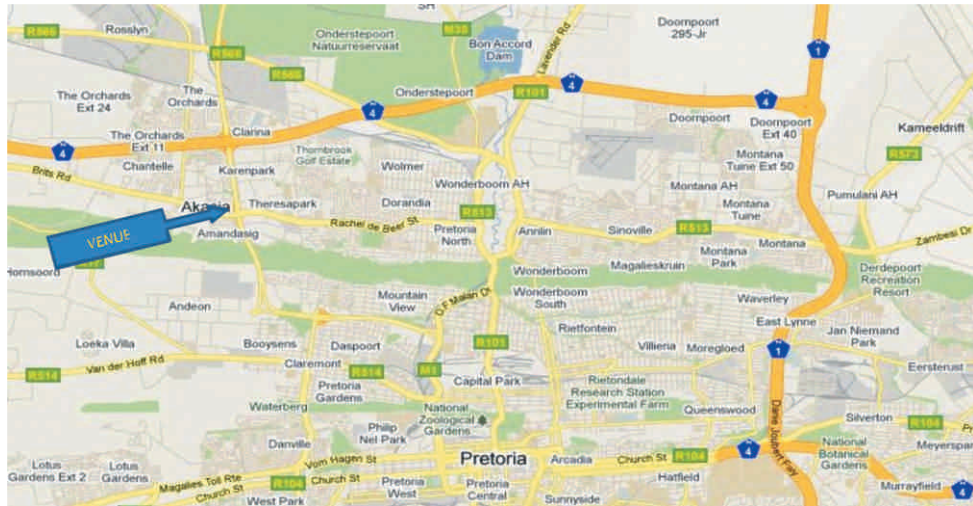
Information and Map available on: www.akasia.co.za / www.wonderparkcentre.co.za

GENERAL INFORMATION AND RULES

- The race will be run in accordance with the rules of ASA and AGN.
- Official 2012 license numbers or temporary numbers must be worn.
- Age group identification must be worn at front and back.
- Proof of age may be requested from category winners.
- Minimum age on day of race is 15 years for 10km, 16 years for 21.1km and 20 years for 42.2km.
- No personal helpers will be allowed.
- No person who finishes a shorter race than he/she entered for will qualify for any prize money or gold medal.
- Obey all marshals, traffic authorities and traffic rules.
- In the 10km and 21.1km walk category, athletes must display the "walk" and age category to be eligible for prize money.
- Refreshment stations every ±3km.
- A tog bag area will be available at R2.00 donation (at owners risk).
- Wheelchair athletes and walkers are welcome on the 5km / 10km / 21.1km. Walkers keep left all the time.
- Results will be available on internet at www.raceresults.co.za.
- The 10km and 21.1km will be a single lap, while the 42.2km will be a double lap.
- Athletes indemnify the province, the organisers and sponsors against any action or medical condition due to participation in the race.
- Runners participate at own risk and the race organisers will not be responsible for any damage or theft.
- All club tents welcome.
- Medical support throughout the race. Physiotherapists at finish.
- All prize winners to present valid original ID or passport documents.
- Winners must attend the prize giving personally.
- Foreign athletes must comply with IAAF Rule 4, paragraph 2, with regards to handing over permits to the organiser.

Age Restriction

10km: 15 Years
21.1km: 16 Years
42.2km: 20 Years



ROSSLYN
Tel.: (012) 543-5544

 **ZEROPLUS** Tel: 012 - 333 6712
PRINTERS Fax: 012 - 333 5713
PRINTING · GRAPHICS E-mail: info@zplus.co.za



- Pre-entries for all three races will be accepted until Friday 20 January 2012 at the following outlets:

Run-a-Way Sport (012) 361 3733 Running Inn (012) 362 7322

Sportswarehouse Montana Crossing (012) 548 9056

The Sweat Shop Southdown (012) 665 0048 The Sweat Shop (Dunkeld) (011) 325 2567 The Sweatshop (Fourways) (011) 467 5966

- Pre-entries can also be done at any Mr Price Clothing, Sport and Home Stores countrywide until Wednesday 18 January 2012.
- Enter online: www.enteronline.co.za; www.saactive.com
Online entries close on Wednesday 18 January 2012 at 24:00
- Entries for the race can be done at Wonderpark Shopping Centre, Entrance number 5 on Friday 20 January 2012 from 16h00 until 18h30 or on race day from 04h00.
- Direct deposits can also be made to
Absa Bank
Account name: Akasia Athletics Club
Cheque account number: 405-453-8215
Branch: Pretoria-North
Branch code: 509-145

Please fax entry form and cash deposit slip to (012) 546 2339
- Email entries and proof of payments to: entries@akasia.co.za

Prize money

Categories	10 Km			21.1 Km			42.2 Km		
Gold medals	Prize winners			Prize winners			Prize winners		
Silver	200			200			200		
Bronze	All finishers			All finishers			All finishers		
Runners	1	2	3	1	2	3	1	2	3
Jnr men	R200			R200					
Jnr women	R200			R200					
Open men	R300	R200	R100	R300	R200	R100	R400	R300	R200
Open women	R300	R200	R100	R300	R200	R100	R400	R300	R200
Vet men (40-49)	R300	R200	R100	R300	R200	R100	R400	R300	R200
Vet women (40-49)	R300	R200	R100	R300	R200	R100	R400	R300	R200
Master men (50-59)	R300			R300			R400		
Master women (50-59)	R300			R300			R400		
GM men (60+)	R300			R300			R400		
GM women (60+)	R300			R300			R400		
Walkers									
Open men	R300			R300			R400		
Open women	R300			R300			R400		