

### 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	R70-00	R50-00	R50-00	R35-00	R35-00	R20-00	
Grand Masters	R40-00	R30-00	R30-00	R20-00	R20-00	R20-00	
Pre Entries	R65-00	R45-00	R45-00	R30-00	R30-00	R20-00	

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+

2011 Licence no.: \_\_\_\_\_ Province: \_\_\_\_\_

Club / School / Company: \_\_\_\_\_

T-Shirt size (mark with X) S  M  L  XL  XXL  XXXL

#### 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)

**For official use only**

Race Number

Temp licence no.



# AKASIA 3 IN 1

## 5KM 10KM 21.1KM 42.2KM



**DATE:** 22 JANUARY 2011

**VENUE:** WONDERPARK SHOPPING CENTRE

Heinrich Avenue, Karenpark

GPS co-ordinate: S25° 40,264 E28° 6,703

**TIME:** 21.1 Km & 42.2 Km 06H00

10 Km 06H15

5 Km 06H30

- 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.run4life.co.za](http://www.akasia.run4life.co.za)  
[www.wonderparkcentre.co.za](http://www.wonderparkcentre.co.za)
- FREE T-SHIRTS TO FIRST 250 ENTRIES FOR 42.2KM

### Comrades



### Qualifier

## ENTRY INFORMATION

### ENTRY FEES

	5km	10km	21.1km	42.2km
PRE-ENTRIES:	-	R30	R45	R65
RACE DAY:	R20	R35	R50	R70
TEMP LICENCES:	-	R20	R20	R20
GRAND MASTERS	R20	R20	R30	R40
GRAND GRAND MASTERS	FREE	FREE	FREE	FREE
BLIND & WHEELCHAIR RUNNERS	FREE	FREE	FREE	FREE



A donation of R5 per entry  
will be given to  
Wolmer Community Project,  
Pretoria North

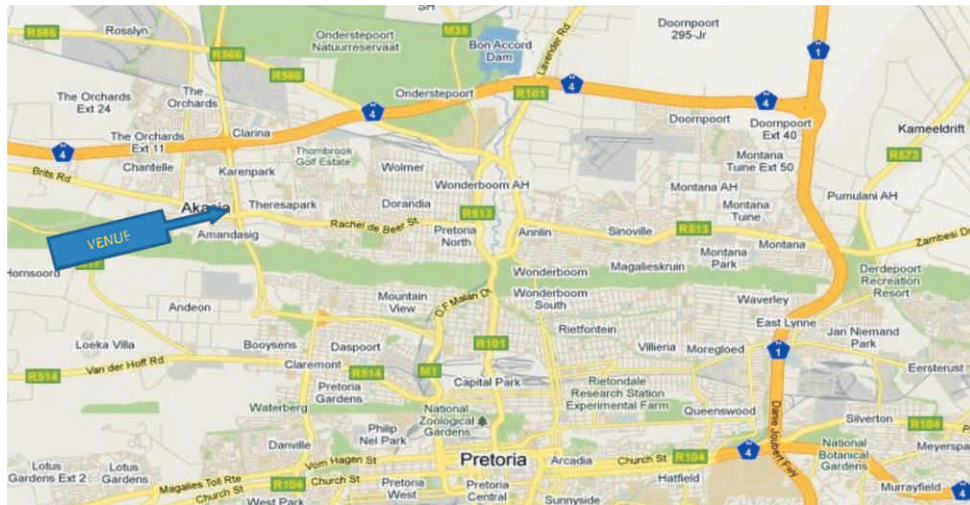
Information and Map available on: [www.akasia.run4life.co.za](http://www.akasia.run4life.co.za) / [www.wonderparkcentre.co.za](http://www.wonderparkcentre.co.za)

## GENERAL INFORMATION AND RULES

- The race will be run in accordance with the rules of ASA and AGN.
- Official 2011 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.
- Results will be available on internet at [www.raceresults.co.za](http://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.
- 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**



**TALISMAN**  
PLANT & TOOL HIRE  
"The Better Option"  
**ROSSLYN**  
Tel.: (012) 543-5544

**Sportsmans Warehouse**  
winning starts here!  
**MONTANA CROSSING**

**Coca-Cola**

**MONTANA**  
FENCING & CARPORTS Pta  
Richard : 082 927 4006  
Fax : 0866 715 863 Email: levick@polka.co.za

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

- Pre-entries for all three races will be accepted until Friday 21 January 2011 at the following outlets:

Run-a-Way Sport  
(012) 361 3733

Running Inn  
(012) 362 7322

Sportmanswarehouse 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 19 January 2011.
- Enter online: [www.enteronline.co.za](http://www.enteronline.co.za); [www.saactive.com](http://www.saactive.com)  
Online entries close on Wednesday 19 January 2011 at 24:00
- Entries for the race can be done at Wonderpark Shopping Centre, Entrance number 5 on Friday 21 January 2011 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: [akasiaentries@run4life.co.za](mailto:akasiaentries@run4life.co.za)

## Prize money

Categories	10 Km			21.1 Km			42.2 Km		
Gold medals	Prize winners			Prize winners			Prize winners		
Silver	200			150			150		
Bronze	All finishers			All finishers			All finishers		
Runners	1	2	3	1	2	3	1	2	3
Jnr men	R100	R75	R50	R150	R100	R75			
Jnr women	R100	R75	R50	R150	R100	R75			
Open men	R150	R100	R75	R300	R200	R100	R300	R200	R100
Open women	R150	R100	R75	R300	R200	R100	R300	R200	R100
Vet men (40-49)	R100	R75	R50	R200	R150	R75	R200	R100	R75
Vet women (40-49)	R100	R75	R50	R200	R150	R75	R200	R100	R75
Master men (50-59)	R75	R50		R100	R50		R100	R50	
Master women (50-59)	R75	R50		R100	R50		R100	R50	
GM men (60+)	R75			R100			R100		
GM women (60+)	R75			R100			R100		
Walkers									
Open men	R75	R50		R150	R75				
Open women	R75	R50		R150	R75				