

**FOOD LOVER'S MARKET**



# TEKKIE CHALLENGE

**BATTLE OF THE SEXES** 10KM  
21KM  
5KM



**3 SEPTEMBER 2022**

**JAN KRIEL SCHOOL, KUILSRIVIER**



**Jan Kriel**

Charity in aid of children with  
special education needs

## Online entries at [www.racetraq.co.za](http://www.racetraq.co.za):

- Closing date for online entries is Tuesday, 30 August 2022 at midnight.
- Should you have enquiries about entering online, please email [web-query@racetraq.co.za](mailto:web-query@racetraq.co.za).
- Please note: If payment is not received within 7 days of entry, your entry will be deleted. Also, online entries are subject to admin fee.

## Manual entries:

- Hand-deliver your entry form and cash/proof of EFT payment at the offices of the Jan Kriel Institute, Skool Street, Kuilsrivier.
- These offices will be open for entries from 08:30 – 13:00 Monday to Friday.
- Alternatively, entry forms can be downloaded and proof of payment can be emailed to [events@jankriel.co.za](mailto:events@jankriel.co.za).
- Closing date for manual pre-entries is Tuesday, 30 August 2022.
- **Banking details (for manual entries only):** Jan Kriel Institute  
**BANK:** ABSA (branch 632005) | **ACCOUNT:** 3010 141 566  
**REFERENCE:** Tekkie + Surname + Initial
- Entry fees are non-refundable and will be donated to Jan Kriel Charity.

## Start Times:

21km : 07:00  
10km : 07:30 \*  
5km : 07:45

No late starts to be accommodated.

\* Battle of the Sexes: Men will start after the women.  
(Time delay to be determined on race day)

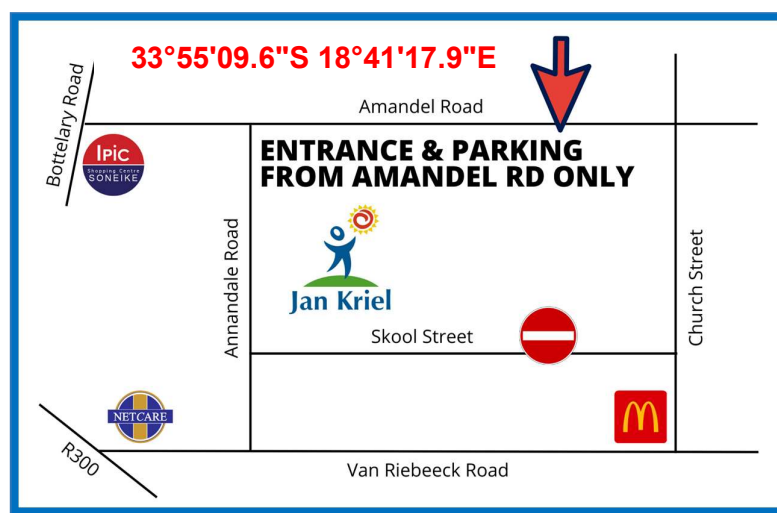
**EVENT ENTRANCE:** Follow directions from Amandel Road to the entrance for parking. Come early to avoid traffic delays. Gate opens at 05:30. Security guards on duty from 06:00. Skool and Church street will be closed for race start.

## Confirmation of entry:

- Emailed- and online entries will receive confirmation via email or SMS.
- Race numbers may be collected at Jan Kriel School hall on Friday, 2 September 2022, between 14:00 and 18:00 and on race day from 06:00 until 15 minutes prior to each start. Please bring along proof of entry when collecting.

## Late entries:

- **Late manual entries** will be accepted on Friday, 2 September 2022, at Jan Kriel School hall between 14:00 and 18:00.
- **Race-day entries** will be accepted on Saturday, 3 September 2022, from 06:00 until 15 minutes prior to each start.



**Covid-19 regulations (as on race day) will be adhered to.**

## Prizes: Men & Ladies

10km	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	21km	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Open	R1 000	R 500	R 300	Open	R1 200	R 700	R 500
Junior	R 400	R 300	R 200	Junior	-	-	-
40 - 49	R 400	R 300	R 200	40 - 49	R 600	R 400	R 250
50 - 59	R 400	R 300	R 200	50 - 59	R 600	R 400	R 250
60 - 69	R 400	R 300	R 200	60 - 69	R 600	R 400	R 250
70+	R 400	R 300	R 200	70+	R 600	R 400	R 250
Teams (open)	R 100 x 4			Teams (open)	R 200 x 4		

**Medals:** All finishers will receive a Tekkie Challenge medal

**Lucky Draw:** Place your tear-off slip in the box at prize giving stage

**10km Battle of the Sexes:** Overall winner receives a **R500 BONUS PRIZE**

# Rules for 10km & 21km

- The race is run according to the rules of World Athletics, ASA and WPA.
- Participants must be 14 years of age or older on race day for the 10km race and 16 years or older for the 21 km race.
- One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible.
- Temporary licensed runners must wear the race number on the front of their vest and the temporary licence on the back. Temporary licence holders when registering must complete and hand in the tear-off strip from the number in order to be eligible to compete.
- Licensed athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licensed athletes must run in clothing without advertising.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize, including Juniors.
- In 2022, Juniors are defined as anyone born in 2003 or later (under the age of 19 at year-end).
- Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish. Race times will not be issued if entry cards are not handed in.
- Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean.
- The use of music players with headphones is not allowed and may result in disqualification.
- Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers prior to the race to discuss arrangements for their participation.
- Tog bag facilities are available at own risk.
- To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.
- **DISCLAIMER:** Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from participation in the event.
- In addition to Overall (Seniors) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to Senior.
- Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- Juniors (born in 2003 or later) wearing a Senior or Junior licence must display category tags "J" to qualify for age group prizes. Juniors will count towards Open team prizes.
- No personal seconding will be permitted, except at official refreshment stations.
- No runners will be allowed to start a race after the official starting times.

**Halfway Cut-off times: 21km at 11km mark 8:45**

**Finish Cut-off times: 10km 09:30, 21km 10:30**

**Prize-giving: 5km & 10km 09:45, 21km 10:45**

**Riël Hauman**  
10km Race  
Ambassador



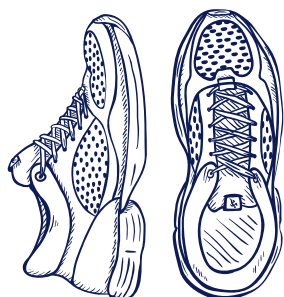
**GENERAL ENQUIRIES**  
021 903 0434

**CONTACT**  
[events@jankriel.co.za](mailto:events@jankriel.co.za)

**ONLINE ENTRIES**  
[www.racetraq.co.za](http://www.racetraq.co.za)

**EVENT INFO**  
[www.jankriel.org.za/tekkie](http://www.jankriel.org.za/tekkie)

**FOOD  
LOVER'S  
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**TEKKIE  
CHALLENGE**



Peninsula  
Beverages



**WESTERN PROVINCE ATHLETICS**  
Race flyers and results [www.wpa.org.za](http://www.wpa.org.za)  
[wpa-subscribe@yahoo.co.za](mailto:wpa-subscribe@yahoo.co.za)



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