

FOOD LOVER'S MARKET



TEKKIE CHALLENGE

21KM

10KM

BATTLE OF THE SEXES

5KM

DRESS UP YOUR TEKKIES

2 SEPTEMBER '23

**JAN KRIEL SCHOOL,
KUILSRIVER**



Jan Kriel

Charity in aid of children with
special education needs

ONLINE Pre-entries: Closing Tuesday, 29 Aug 2023 at midnight. Can be done on www.racetraq.co.za. Should you have enquiries about entering online, please email web-query@racetraq.co.za. If payment is not received within 7 days of entry, your entry will be deleted. Also, online entries are subject to admin fee.



MANUAL Pre-entries: Closing date for manual pre-entries is Tuesday, 29 Aug 2023.

Hand-deliver your entry form and cash/proof of EFT payment at the offices of the Jan Kriel Institute, Skool Street, Kuilsrivier. Open for entries from 08:30 – 13:00 Monday to Friday. Entry forms can also be downloaded and proof of payment can be emailed to events@jankriel.co.za.

Banking details (for manual entries only): Jan Kriel Institute BANK: ABSA (632005)

ACCOUNT: 3010 141 566 REFERENCE: Tekkie + Surname + Initial

Entry fees are non-refundable and will be donated to Jan Kriel Charity.

CONFIRMATION of Pre-entries: Emailed and online pre-entries will receive confirmation via email.

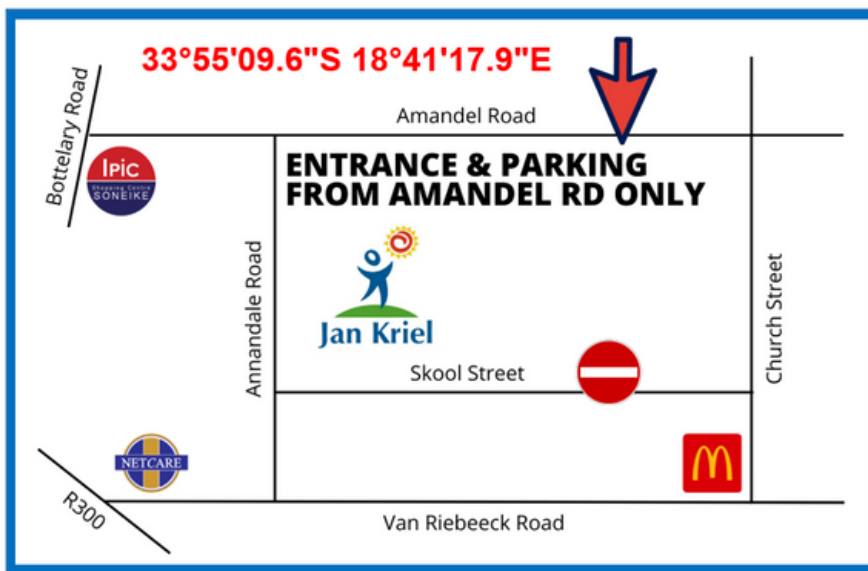
Race numbers may be collected at Jan Kriel School hall on Friday, 1 Sep 2023,

between 14:00 and 18:00 or on race day from 06:00 until 15 minutes prior to each start.

Please bring along proof of entry when collecting.

NB: ALL pre-entries (online and manual) close Tuesday 29 Aug 2023. No late entries will be processed

RACE-DAY Entries: Will be accepted in the Jan Kriel School Hall on Saturday, 2 Sep 2023, from 06:00 until 15 minutes prior to each start.



EVENT ENTRANCE:

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

EVENT TIMES:

No late starts to be accommodated

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

Race	Start	Half cut-off	Finish cut-off	Prizegiving
21km	07h00	11km/ 08h45	10h30	10h45
10km	07h30 *	n/a	09h30	09h45
5km	07h45	n/a	09h30	09h45

Event Rules: 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 2023, Juniors are defined as anyone born in 2004 or later (under the age of 20 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 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.

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 2004 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.

Prizes: Men & Ladies

10km	1st	2nd	3rd	21km	1st	2nd	3rd
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

5km Dress up your Tekkies: Winner receives a prize valued at R1000.

Take a photo, check-in and tag us, winner determined by public votes.

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