

FOOD LOVER'S MARKET

# TEKKIE CHALLENGE



**10 MILER**  
16KM

**10 KM**  
BATTLE OF THE SEXES

**5 KM**  
FAMILY FUN RUN/WALK

**7 SEPTEMBER 2024**  
**JAN KRIEL SCHOOL,**  
**KUILSRIVER**



Jan Kriel

Charity in aid of children with special education needs

## HOW TO ENTER

Pre-entries close Monday 2 Sept 2024 midnight. Race packs can be collected Friday 6 Sept 2024 14h00-18h00 & Saturday 7 Sept 2024 06h00 until 15min prior to start.

### ONLINE

PRE-ENTRIES ONLY  
Visit [www.racetraq.co.za](http://www.racetraq.co.za)  
For enquiries email [web-query@racetraq.co.za](mailto:web-query@racetraq.co.za)  
Payment must be made within 7 days of entry, or your entry will be deleted. Subject to admin fee.

### MANUAL

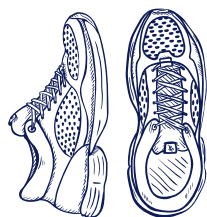
PRE-ENTRIES ONLY  
Hand-deliver entry form to Jan Kriel Institute, Skool Street, Kuilsrivier. Open Monday to Friday 08h00-13h00. Cash and card payments accepted.

### EMAIL

PRE-ENTRIES ONLY  
Send completed form and payment to [events@jankriel.co.za](mailto:events@jankriel.co.za)  
Jan Kriel Institute  
ABSA 632005  
ACC 3010141566  
Please use REFERENCE: Tekkie+ Surname+ Initial

### RACE-DAY

Manual entries for all events will be accepted on Saturday 7 Sep 2024. Jan Kriel School Hall 06h00 until 15 minutes prior to each start at Jan Kriel School Hall. Cash and card payments accepted.



# TEKKIE CHALLENGE

Give a child a chance!

**NETCARE 911**  
24HR EMERGENCY MEDICAL ASSISTANCE

# FOOD LOVER'S MARKET



**Coca-Cola** Peninsula Beverages



**IVECO**

CAPE TRUCK AND VAN (PTY) LTD

**NETWORK**  
BROKERS  
MAKELAARS

**PHANGELA GROUP**  
YOUR PRIVATE AND CORPORATE DEFENCE FORCE

EMBRACE THE ATHLETE WITHIN  
**OLYMPIC**



10 KM	1st	2nd	3rd
Junior	R 400	R 300	R 200
Open	R1 000	R 500	R 300
40 - 49	R 400	R 300	R 200
50 - 59	R 400	R 300	R 200
60 - 69	R 400	R 300	R 200
70+	R 400	R 300	R 200
Teams (open)	R 100 x 4		

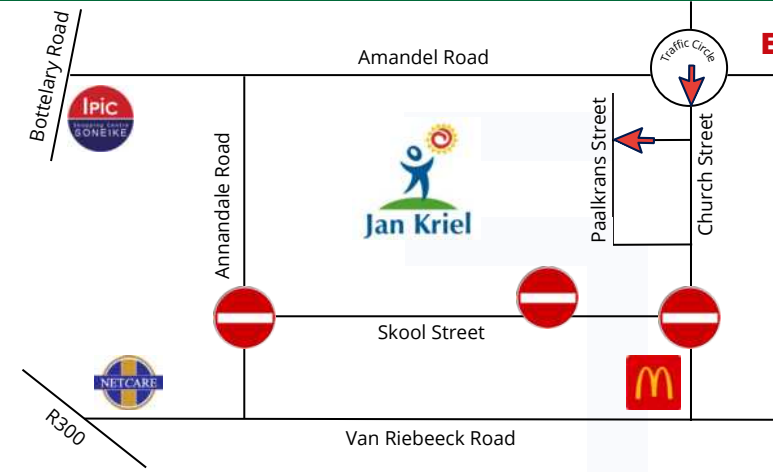
CASH PRIZES: Men & Ladies

MEDALS: All finishers

R500 BONUS PRIZE: 10km Battle of the Sexes Winner

LUCKY DRAW: Place your race number tear-off slip in the box at prize-giving stage

10 MILER	1st	2nd	3rd
Junior	R 400	R 300	R 200
Open	R1 000	R 500	R 300
40 - 49	R 400	R 300	R 200
50 - 59	R 400	R 300	R 200
60 - 69	R 400	R 300	R 200
70+	R 400	R 300	R 200
Teams (open)	R 100 x 4		



ENTRANCE & PARKING FROM AMANDEL ROAD ONLY

Gates open 05h30 Security on duty from 06h00.  
Come early to avoid traffic delays. Please note:  
Skool & Church streets will be closed for race start.

RACE START	FINISH CUT-OFF	PRIZE GIVING
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10miler	07h30	10h00	10h15
10km	07h45*	09h45	10h00
5km	08h00	09h45	10h00

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

RACE RULES: The race is run according to the rules of ASA & WPA. Runners must obey traffic officers, race marshals and race officials at all times. Participants for 10km must be 14 years of age or older on race day. Participants for 10miler must be 16 years of age or older on race day. No personal seconding permitted except at official refreshment stations. The time limits apply. Registered athletes should run in club colours and ASA licences valid for 2024 must be worn on the front and back of the vest or a purchased temporary licence to be worn on the front of the vest. One race number (bib) will be issued. 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 licenced runners must wear the race number on the front of their vest and the temporary licence on the back. Temporary licences will be available at registration. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete. Temporary licenced runners to wear plain clothing, no advertising. Age category tags must be worn (front & back) and be visible for the entire race to be eligible for any age category prizes including Juniors. Juniors are defined as being under the age of 20 at 31 December 2024 i.e. born 2005 or later. The use of music players with headphones is not allowed and may result in disqualification. Entry cards must be carried throughout the race and handed in at the finish. Do not litter. Dispose of cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean Coke will be available at the finish. Prize giving will be soon after 10h00. DISCLAIMER: Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletic 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 their participation in the event. 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 timeously to discuss arrangements for their participation. Eats and refreshments will be on sale.

NAME		SURNAME	
ID NR	NATIONALITY		GENDER AS PER ID
CELL NR	EMAIL		
EMERGENCY CONTACT	EMERGENCY CELL NR		

WHAT EVENT ARE YOU COMPETING IN?			WHAT IS YOUR AGE ON RACE DAY?						
5KM FAMILY FUN RUN / WALK	10KM (MIN AGE 14 YRS)	10MILER CLASSIC (MIN AGE 16 YRS)	MINOR 1-13	JUNIOR 14-19	SENIOR 20-39	40-49	50-59	60-69	70+
CLUB			LIC NUMBER						

5KM	10 KM JUNIORS		10 KM SENIORS		10 MILER CLASSIC		R
R60	LICENSED R65	UNLICENSED R95	LICENSED R110	UNLICENSED R160	LICENSED R130	UNLICENSED R195	

BIRDS-EYE DRY-TECH RUNNING SHIRT (Pre-order only, Orders & payments close 6 Aug '24 midnight)														R
WOMEN'S FIT R200								MEN'S FIT R200						
XS	S	M	L	XL	2XL	3XL	4XL	S	M	L	XL	2XL	3XL	

\*Only PAID orders received by 6 Aug '24 midnight will be processed. Visit [www.tekkiechallenge.co.za](http://www.tekkiechallenge.co.za) for designs\*

I agree to abide by the rules of the event. I will participate in the event at my own risk. I indemnify all national and provincial bodies, local authorities, sponsors and organisers of the event against any action or claim whatsoever nature may result from my participation.

DONATION TO JAN KRIEL	R
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TOTAL	R
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Signature \_\_\_\_\_ Parent/Guardian (if under 18) \_\_\_\_\_

OFFICE USE ONLY	RACE NR	TEMP LIC (IF APPL)	PAYMENT METHOD				OFFICER
			CASH	CARD	EFT	OTHER	