



# Athletics Mpumalanga Big 5

## SA 10km Championship

**Saturday 28 September 2019**

Race start 06:30 am

10km – R60      Temp Licence R40

Kees Taljaard Stadium

22 Lilian Ngoyi Str,

Middelburg

Organized in accordance with the rules of ASA

An IAAF accredited route

Enter online: [www.championchip.co.za](http://www.championchip.co.za)

Hand entries : Athletics Mpumalanga Office

Entries on Friday 15:00-18:00 and on race day

from 05:00am



CATEGORY	10KM MEN	10KM LADIES
1 <sup>st</sup> Open	R400	R400
2 <sup>nd</sup> Open	R300	R300
3 <sup>rd</sup> Open	R200	R200
1 <sup>st</sup> 40-49 yrs	R300	R300
2 <sup>nd</sup> 40-49 yrs	R200	R200
1 <sup>st</sup> 50 – 59 Yrs	R300	R300
2 <sup>nd</sup> 50 – 59 Yrs	R200	R200
1 <sup>st</sup> 60 – 69 yrs	R300	R300
2 <sup>nd</sup> 60 – 69 yrs	R200	R200
1 <sup>st</sup> 70 + yrs	R300	R300
2 <sup>nd</sup> 70+ yrs	R 200	R200
1 <sup>st</sup> 80 + yrs	R300	R300
1 <sup>st</sup> Junior	R300	R300
2 <sup>nd</sup> Junior	R200	R200
1 <sup>st</sup> Walker	R200	R200

## ASA NATIONAL 10KM CHAMPIONSHIP PRIZE MONIES 2019

CATE GORY	10KM MEN	10KM LADIES	CATEG ORY	10KM MEN	10KM LADIES
Open			40-49		
1 <sup>st</sup>	R 5 000	R 5 000	1 <sup>st</sup>	R 2 000	R 2 000
2 <sup>nd</sup>	R 4 000	R 4 000	2 <sup>nd</sup>	R 1 500	R 1 500
3 <sup>rd</sup>	R 3 000	R 3 000	3 <sup>rd</sup>	R 1 000	R 1 000
4 <sup>th</sup>	R 2 500	R 2 500	50-59		
5 <sup>th</sup>	R 2 000	R 2 000	1 <sup>st</sup>	R 1 500	R 1 500
6 <sup>th</sup>	R 1 500	R 1 500	2 <sup>nd</sup>	R 1 000	R 1 000
7 <sup>th</sup>	R 1 000	R 1 000	3 <sup>rd</sup>	R 500	R 500
8 <sup>th</sup>	R 800	R 800	60+		
9 <sup>th</sup>	R 750	R 750	1 <sup>st</sup>	R 1 500	R 1 500
10 <sup>th</sup>	R 700	R 700	2 <sup>nd</sup>	R 1 000	R 1 000
Junior			3 <sup>rd</sup>	R 500	R 500
1 <sup>st</sup>	R 2 000	R 2 000	Teams		
2 <sup>nd</sup>	R 1 500	R 1 500	1 <sup>st</sup> x 4	R1000	R1000
3 <sup>rd</sup>	R 1 000	R 1 000	2 <sup>nd</sup> x 4	R750	R750
4 <sup>th</sup>	R 750	R 750	3 <sup>rd</sup> x 4	R500	R500
5 <sup>th</sup>	R 500	R 500			

### INCENTIVES - FOR BREAKING THE SA 10KM RECORDS

Men	
00:28:00	R2 000
Women	
0:31:12	R2 000
Juniors Men	
00:30:17	R1 500
Junior Women	
00:32:22	R1 500

## GENERAL RACE INFORMATION

1. Organised in accordance with the rules and regulations of ASA and IAAF. All athletes indemnify the National, Provincial and Regional bodies, sponsors and organizers against all and any actions of whatsoever nature.
  2. Entries may be handed in at Athletics Mpumalanga Office in 17 Lilian Ngoyi str Middelburg – Office hours 08:00 -13:00
  3. The closing date for pre-entries will be Wednesday 18 September 2019
  4. The race committee reserves the right to accept or reject any entry.
  5. The Prize Giving will commence no later than 08:30
  6. Medals to all finishers.
  7. Online entries are available on [www.championchip.co.za](http://www.championchip.co.za) Online admin fees apply.
  8. Collection of race numbers (pre-entries) and late entries will be accepted Kees Taljaard Stadium from 15h00 until 18h00 on Friday 27 September 2019 and from 05h00 on the morning of the race. Entry fees are non-refundable. A receipt/proof of payment may be required in case of any discrepancy with pre-entries.
  9. Each athlete will be provided with a chip on the race number. Failure to wear the chip race number will lead to disqualification.
  10. All traffic Officials and marshals must be obeyed.
  11. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
  12. Medals will be awarded to all finishers.
  13. Race venue is an alcohol free zone.
- 10km rules:**
14. 10km race will start at 06h30 from Kees Taljaard Stadium and finish at the stadium
  15. Athletes must run in official Club/Provincial colours with the Official race number on the front of the vest AND the 2019 ASA licence numbers on the front and back of the vest. Race number not to cover the ASA Logos.
  16. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license.
  17. Age category tags must be visible on front and back of your vest if you wish to qualify for category prizes. Athletes may be requested to provide proof of age on race day.
  18. SAMA Medals will be awarded to Provincial team representatives in 5 year age groups. Correct category tags must be displayed (i.e. 35/40/45/50/55/60/65/70/75/80)
  19. Athletes must be 14 years or older for the 10km on race day.
  20. Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
  21. The no seconding rule will apply as there are sufficient refreshment stations on the route. Provincial teams will be allocated a designated area where the stand and hand rule will apply.
  22. The cut off time for the 10km 1:45 hours, i.e. 08h15.
  23. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins. Littering may lead to disqualification. Please do not discard used water sachets beyond designated points.
  24. A tog bag storage facility will be available.
  25. Full results will be available on [www.championchip.co.za](http://www.championchip.co.za)
- For more information contact Paul Bester 082 966 7767, Johanita Bester 079 498 6382 or AMPU Office Hellouise van Dyk 082 306 4615
- NB: All prize money for 10km will be paid via EFT once clearance has been received from Athletics South Africa. No cash prize money will be paid to athletes.

**Licence No :** \_\_\_\_\_

**Province:** \_\_\_\_\_

**Club in Full :** \_\_\_\_\_

**(or school if scholar)**

**Surname:** \_\_\_\_\_

**Name :** \_\_\_\_\_

**ID No :** \_\_\_\_\_

**Passport No.**

**if not SA Citizen:** \_\_\_\_\_

**Nationality:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Gender:** \_\_\_\_ **Age:** \_\_\_\_

**Cell no :** \_\_\_\_\_

**Email :** \_\_\_\_\_

**Emergency Contact: Name:** \_\_\_\_\_

**Cell Nr:** \_\_\_\_\_

### ***INDEMNITY / WAIVER***

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity. In terms of the Protection of Personal Information Act, I allow the Sponsors to contact me.

**MINOR RELEASE:** I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and enter into this Indemnity/waiver on behalf of the minor.