

Kudus 15km Race - 10th January 2010

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FIRST OFFICIAL CGA RUN FOR 2010!

Come and run with the Clever Boys

VARSIY KUDUS 15 KM RACE

VENUE: Library Lawns, East Campus

Wits University

Yale Road

Braamfontein

(Note change of Campus finish)

DATE: Sunday 10 January 2010

TIME: 07h00

ACCESS: Empire / Yale Road OR Enoch Sontonga Ave

ENTRY FEE: R35

Entries taken from 06h00 on race day

Temporary Licences additional R15

Blind Runners free

Enter on line: www.enteronline.co.za (before 6 January 2010)

Entries also available from Sweat Shop and The Randburg Runner.

GIVEAWAYS TO ALL FINISHERS!

Walkers welcome!

Prize giving: 09h15

adidas running shoes to first man and first woman

Bidvest Wits T-shirts for the first 10 men and women runners

Prize money: Same for men and women

MEN / WOMEN

Prizes

Open

Vets

Masters

GM

1st

R1000

R300

R300

R300

2nd

R500

R150

R150

R150

3rd

R200

R100

Course Record:

Men : 45:46

Women : 57:34

Rules:

o The race is run in accordance with the rules and constitution of ASA and CGA.

o Registered athletes must be members of a club affiliated to ASA, and wear club colours and two licence numbers - one on the back of the vest and one on the front. Due to the late delivery of licenses for 2010, permission has been granted for athletes to use their 2009 licences until 31 January 2010.

- o Temporary licensed athletes must wear two issued temporary licences (front and back) and plain clothing. No advertising logos of any sort.

- o Competitors must be 15 years or older on the day of the race.

- o Athletes competing for a category prize must wear NUMERIC age category ID tags (front and back). Proof of age must be available on race day. Prize money will be withheld until age is verified.

- o No athlete will be eligible for prizes if details are not completed on sticker or tear off strips and thus deemed to be a non finisher.

- o Athletes indemnify the National, Provincial athletics bodies, the sponsors, organisers, beneficiaries and local authority against all and any damage or injury they may sustain in participating in the race.

- o Unfortunately wheelchair athletes may not compete in this race. Neither may athletes make use of roller blades, skateboards, cycles, prams or other mechanically propelled devices.

- o All directions and instructions from traffic officers and marshals must be obeyed. Failure to do so may lead to disqualification or injury.

- o In accordance with ASA rules, there will be 3 water tables, not more than 4 kilometres apart.

- o No seconding permitted.

- o Regret, athletes will not be allowed to participate with pets.

For more information visit www.kudus.org.za