

I am entering the SPAR Lantern Race as follows:

☐ 10 km Run/Walk ☐ 5 km Run/Walk ☐ Temporary Licence

Surname: _____ First Name: _____

Postal Address: _____

Club: _____ Code _____

Email: _____ Cell: _____

All competitors: I declare that I agree to abide by the rules of the event. I will participate in the race at my own risk and hereby indemnify the national and provincial bodies, sponsors and organizers of the race against any action or claim of whatsoever nature, which may result out of my participation in the event.

SIGNATURE OF ENTRANT

DATE

SIGNATURE OF PARENT/
GUARDIAN IF UNDER 18

GENERAL:

Both races will start promptly at 19:00

Registration starts at 16:30

Distance markers every 1 km

Two water points on route

Refreshments on sale

Picnic areas available

The route is not suitable for wheelchair athletes

Results will be available on the internet

No unauthorized selling of goods will be allowed
on the ARC grounds

No dogs allowed

Wear headlamps or other lights please

ENQUIRIES:

Cell: 082 951 2581

Email: info@irenerunner.co.za

www.irenerunner.co.za



10 km

LANTERN NIGHT RACE

First leg of 2017 Irene Triple Challenge
Including a 5km fun run!

15 February 2017
Wednesday 19:00
Irene Campus ARC
Centurion



Presented by Irene Athletics Club

Rated among the TOP TEN, 10 km races in SAI

Please wear headlamps or other lights to add to the atmosphere

RULES:

All participate at their own risk by their entry and indemnify the organisers and sponsors of any liability claims.

All participants in the 10km must wear a valid race number on the front and a valid 2017 licence number on the front and back. Non-registered athletes have to purchase a temporary licence. No licence required for the 5km.

The race will take place under the rules of ASA, AGN, and IAAF and all participants must wear club colours during the race, except if participating with a temporary license.

Marshalls and traffic officials must be obeyed at all times.

No seconding is permitted.

Minimum age of 14 years on day of race for 10km.

Category winners must provide proof of age to qualify for prizes (ID or other valid documentation).

Athletes competing for category prizes must wear official age category ID (front and back of vest).

Foreign athletes must observe IAAF rule 4 paragraph 2.

No iPods or listening devices allowed.

Walkers competing for prize money must wear W tags on front and back of vest.

Medical assistance available

ENTRY FEE

RACE FEE	10km	R90-00
	5km	R60-00
GRAND MASTERS	50% of entry	
TEMP LICENCE		R30-00

Entries can be done at:

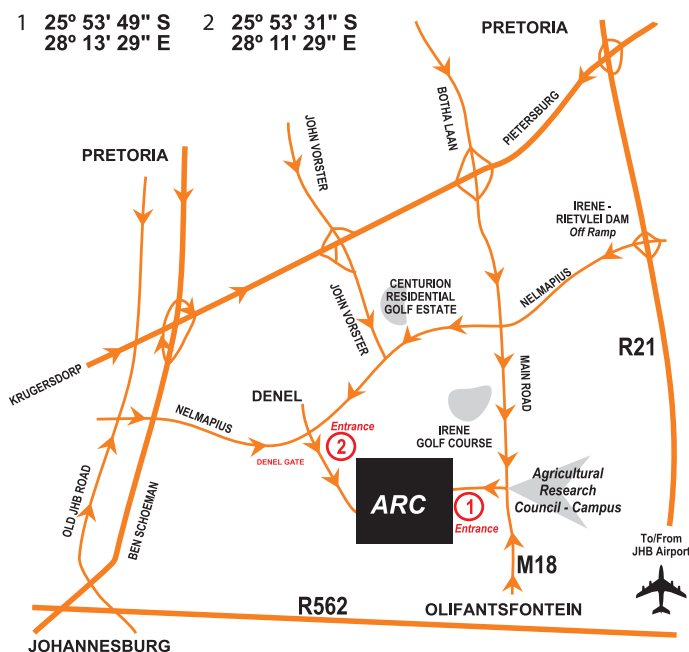
Centurion SPAR - John Vorster Drive (012) 655 1411
 Hennops Park SPAR - (012) 654 6174
 Monument SUPERSPAR - Skilpad Road (012) 460 8161
 Montana SUPERSPAR - Cnr Zambesi Drive & Dr. Swanepoel Str (012) 548 6599
 Lyttelton SUPERSPAR - Cnr Clover & Rabie Str (012) 664 3686
 Queenswood SUPERSPAR - Queens Corner Centre, Stead & Soutpansberg Ave (012) 333 7290
 Sweat Shop - Dunkeld/Southdowns/Bedfordview (011) 325 2567,
 (012) 665 0048, (011) 450 1847
 Run-a-way Sport - (012) 361 3733
 The Runner's Store - The Tramshed - (012) 320 0055
 On-line: sa-active.com / enteronline.co.za

No temporary licence required for 5km.
 Great Grand Master's race entry FREE*
 (*However, temporary licence fee still applies)

Pre-entries close
12 February 2017

New Venue 600m from Nellmapius Entrance

Numbers can be collected and entries done on 13 & 14 February 2017, 16:00 - 19:00 at the club house of Irene Athletics Club. Entries can also be done on race day from 16:30 until 5 minutes before the start of the race.



**ENTRANCE & NO EXIT
 MAIN ROAD
 WILL CLOSE AT 18:50**

**ENTRANCE OPPOSITE
 DENEL GATE
 OPEN ALL THE TIME.**

**PARKING ALSO
 AVAILABLE AT DENEL**

Please arrive early.

PRIZE GIVING

Prize giving will commence at 20:30.

Please note: Category winners who are not present at the prize giving will have to collect their prizes/medals at the offices of IRENE ATHLETICS CLUB.

Gold Medals

First 10 men & women and winners of each category

Silver Medals

Next 100 (excluding category winners)

Bronze Medals

Up until 3000 (balance to be posted)
 Medals to all 5km fun run finishers.

Spot prizes

Including SPAR grocery hampers

PRIZES

Category	Position	Prizes
Open	1st	R750
	2nd	R500
	3rd	R300
40 - 49 years	1st	R300
	2nd	R200
50 - 59 years	1st	R200
	1st	R200
60 - 69 years	1st	R200
70+ years	1st	R200
80+ years	1st	R200
Juniors	1st	R300
Walkers	2nd	R250
	3rd	R150
40-49 years	1st	R100
50-59 years	1st	R100
60-69 years	1st	R100
70+ years	1st	R100
80+ years	1st	R100