



PRIZE MONEY

RUNNERS		10KM			21.1KM			42.2KM		
		1	2	3	1	2	3	1	2	3
Junior men/women		R500	R400	R300	R600	R400	R300			
Open men/women		R500	R400	R300	R800	R600	R400	R1,000	R800	R600
Veteran men/women	40-49	R500	R400	R300	R700	R500	R300	R1,000	R800	R600
Master man/woman	50-59	R400			R600			R800		
GM man/woman	60-69	R400			R500			R600		
GGM man/woman	70-79	R400			R400			R500		
80+ man/woman	80+	R400			R400					

GENERAL INFORMATION

- Medical support will be present on race day.
- Walkers may enter for any event. The cut-off times stipulated will apply to both runners and walkers.
- Any participant in the 42.2km event, who has not reached the 21.1km/42.2km split (20 km mark) in 2 hours 45 minutes, will not be permitted to proceed on the 42.2km route and will be routed to the 21.1km finish.
- Club trailers and tents: Will be allowed. They must be erected at the venue before 05h00 on Saturday 28 January 2023, no exceptions.
- Please arrive early to avoid congestion. Follow signs and obey instructions from Marshalls along the routes.
- No spot prizes
- Entry fees, as well as additional purchases, are NOT refundable: In the unlikely event of the race being cancelled, entry fees as well as additional purchases will not be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers.
- Unfortunately there will be no kiddies entertainment.
- Please do not discard water sachets/cups in gardens or drains, drop them in the bins provided or directly on the road.
- Toilets will be available at every water point.
- Tog bag area available.
- Race results will be available on www.results.finishtime.co.za after the event.

RULES

- The race will be run in accordance with the rules of ASA and AGN. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, arising out of their participation in the race.
- Registered athletes must wear the current year's license number (2022) at the front and back of their vests and, if issued with a race number, this must be worn on the front of the vest, with both numbers being visible.
- Temporary licensed athletes must wear the temporary licence at the back of their vests, with the race number at the front of their vests.
- All licensed athletes competing for age category prizes must wear age category tags, clearly visible, on the front and back of their vests. Proof of age for prize winners may be required to be presented to referees before prize giving. Prizes could be withheld until ages have been confirmed.
- No seconding will be allowed.
- Wheelchair athletes will be welcome.
- No roller blades, bicycles or mechanically operated devices will be allowed in the race.
- No animals will be allowed to accompany athletes.
- No iPods or listening devices will be permitted to be used by athletes.
- Minimum ages: 10km - 14yrs, 21.1km - 16yrs, 42.2km - 20yrs.
- Temporary licensed athletes will be eligible for open and category prizes, provided they have age category tags clearly visible at the back and front of their vests.
- All traffic officers and officials instructions to be obeyed.
- Water points will be available approximately every 3 km.
- Your race numbers must not cover the logos on the ASA licence. Failure to comply will lead to disqualification.

WONDERPARK AKASIA ROAD RACE

28 JANUARY 2023

Online entries close on Friday 20 January 2023

JOHANN VAN EEDEN 42.2^{KM} Start Time: 05:30 Cut-off @20km 8:15 AGN CHAMPIONSHIPS	21.1^{KM} Start Time: 05:30	10^{KM} Start Time: 06:00	5^{KM} Start Time: 06:10
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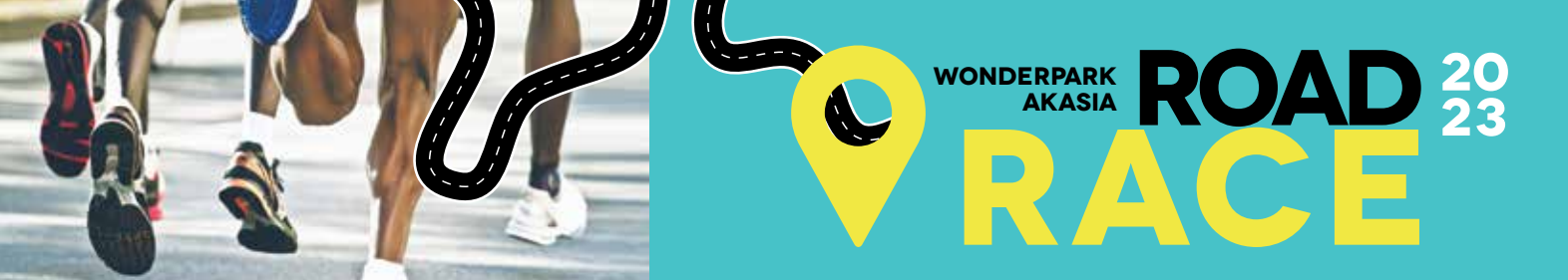
PRE-ENTRIES ONLY: www.entryninja.com

RACE INFORMATION
076 234 5329

WONDERPARK SHOPPING CENTRE
GPS: S25° 40,264 E28° 6,703 www.wonderparkcentre.co.za

COMRADES MARATHON
TOTALSPORTS TWO OCEANS MARATHON

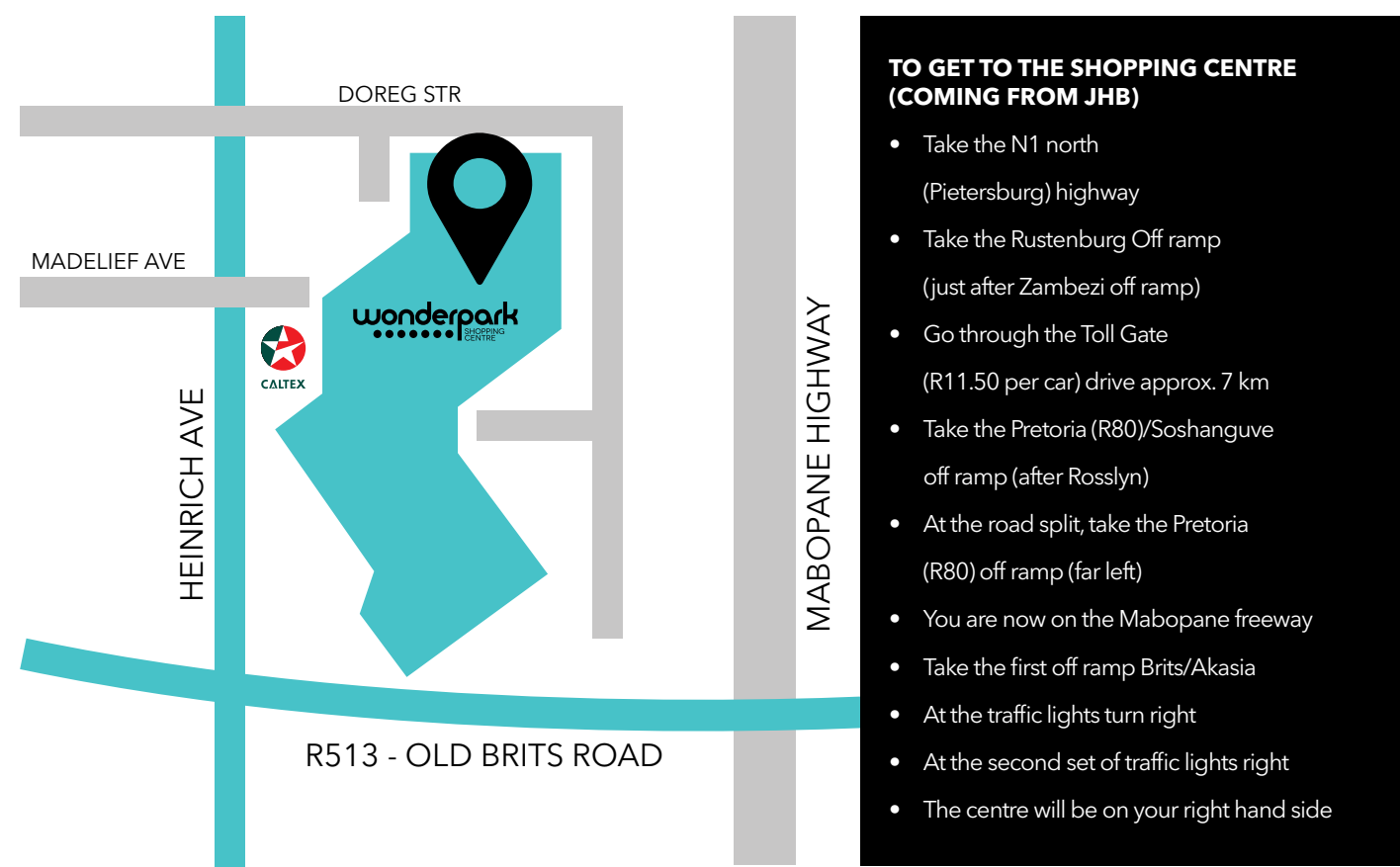
PRE-ENTRY ONLY



DIRECTIONS & CONTACT DETAILS

- For further information contact 076 234 5329
- Information and map available on www.wonderparkcentre.co.za and www.akasiaathleticsclub.co.za and Akasia Atletieklklub Facebook page.

MAP TO WONDERPARK



TO GET TO THE SHOPPING CENTRE (COMING FROM JHB)

- Take the N1 north (Pietersburg) highway
- Take the Rustenburg Off ramp (just after Zambezi off ramp)
- Go through the Toll Gate (R11.50 per car) drive approx. 7 km
- Take the Pretoria (R80)/Soshanguve off ramp (after Rosslyn)
- At the road split, take the Pretoria (R80) off ramp (far left)
- You are now on the Mabopane freeway
- Take the first off ramp Brits/Akasia
- At the traffic lights turn right
- At the second set of traffic lights right
- The centre will be on your right hand side

WONDERPARK SHOPPING CENTRE:
Cnr Brits Road & Heinrich Avenue, Karenpark, 0118
GPS: S25° 40,264 E28° 6,703



Comrades Qualifier and Totalsports Two Oceans Marathon Qualifier

JOHANN VAN EEDEN
42.2 KM
Start Time: 05:30
Cut-off @20km 8:15
AGN CHAMPIONSHIPS

21.1 KM
Start Time: 05:30

10 KM
Start Time: 06:00

5 KM
Start Time: 06:10

CUT-OFF TIMES

- Distance/Event**
- 42.2 km - 11h30 (6hrs)
 - 21.1 km - 09h00 (3,5hrs)
 - 10 km - 08h00 (2hrs)
 - 5km fun run - 08h00 (1hrs 50 min)
- Any participant in the 42.2km event, who has not reached the 21.1km/42.2km split (20 km mark) in 2 hours 45 minutes, will not be permitted to proceed on the 42.2km route and will be routed to the 21.1km finish.

ENTRY DETAILS



PRE-ENTRIES ONLY. NO RACE DAY ENTRIES.

Entries will be accepted until Friday 27 January 2023 at the following outlets. Trading hours apply:

Run-A-Way Sport	012 361 3733
Cross Trainer Wonderpark	012 549 0071
Builders Express	012 943 4051

Late Entries will be available at Run A Way Sport, Lynnwood Road and Wonderpark Shopping Centre, Builders Express from Saturday 21 January 2023 up to Friday 27 January 2023.

- ONLINE PRE-ENTRIES**
- entryninja.com
 - Online entries close on Friday 20 January 2023
 - Online entries can be collected on Friday 27 January 2023 from 16:00 until 19:30 or on race day (please bring along entry confirmation)

ENTRY FEES



(PLEASE TICK APPLICABLE RACE ENTRY)

DISTANCE	ONLINE ENTRY FEE	LATE ENTRY
42.2KM	R280	R300
21.1KM	R180	R200
10KM	R120	R150
5KM Fun Run/Walk	R60	R60
Blind Runners and 70+	Free	Free
Temporary License	R50	R50

PLEASE NOTE: Unlicensed athletes running/walking the 42.2km, 21.1km and 10km must purchase a temporary license number for R50.

INDEMNITY:
By entering one of these races the athlete agrees not to hold AGN or any sponsor, or any person assisting in the organisation of the event liable for any injury or illness, which he or she may suffer directly or indirectly as a result of participating in the event, or for any damage to or loss of property which he or she may suffer directly or indirectly as a result of participating in the event.

