



Riana van Niekerk RUN & WALK 4 BIBLES

A day of... GO! GIVE! GOODWILL!

Saturday, 25 June 2016

Hoërskool Zwartkop

Cnr. Mopani & Old Johannesburg Road, Centurion

GPS: S 25°50'58.60" • E 28°09'54.32"

Race	Starting Times	Entry Fees
21.1 km	07:30	R100
10 km	07:30	R80
5 km	07:35	R40

Race entries accepted on Friday 24 June between 15:00 - 17:00 at Hoërskool Zwartkop.

Great Grand Masters pay half-price on the day entries only.

Temporary licence 21.1/10km - R30

On-line entries www.active.com

Entries On race day from 06:00 & on Friday 24 June between 15:00-17:00

Pre-entries Run-A-Way Sport | Running Inn | Sweat Shop (Southdowns) |
The Runner's Store (Pretoria CBD)

Visit the Sponsor-a-Bible-stall

www.runandwalkforbibles.co.za



bible society of south africa
bybelgenootskap van suid-afrika



GO! We are looking forward to your participation! Check the rules and entry fee. On-line payment can be made. Details are on the front page.

GIVE! A donation on the day is possible. The Bible Society of South Africa and/or other similar worthy organisations will have stalls close to the Finish. You are welcome to consider a donation on-line.

GOODWILL! There is an opportunity to show some kindness and generosity on the day. The organisers' goal is to supply the needy among the runners and walkers in our region – and also others in need – with running shoes, tracksuits, beanies, scarfs and t-shirts. If you have a second or third pair of these items that you seldom use and that is still in a good condition, please consider bringing it to the race and donate. A stall on the Hoërskool Zwartkop sports field, close to the Finish, will be available for these items before and after the race.

Rules & general information

All Athletes

- All athletes must be amateurs as defined under Athletics South Africa rules, and not be under the stipulated ages as indicated.
- All entrants will participate under the rules of AGN and ASA and it is the athlete's responsibility to be familiar with the rules.
- Age restrictions:
 - Minimum age of 10 years on the day of the race for 10km
 - Minimum age of 16 years on the day of the race for 21.1km
- Marshals and Traffic Officers must be obeyed at all times - failure to comply with their instructions may lead to immediate disqualification.
- No seconding will be allowed.
- No blade, cyclist or mechanically operated device allowed in the race.
- Sufficient refreshment stations are available.
- It is the participant's responsibility to ensure that he/she is medically fit and healthy to participate in any of the events.
- The race committee reserves the right to accept or reject any entry.
- Proof of age must be produced if requested by the race referee.
- No iPods or any other audio devices are allowed. (IAAF & ASA ruling).
- Free entry for wheelchair and blind athletes.
- No animals allowed.
- Medical support will be present on race day.

Licensed athletes

- All entrants must be in possession of a valid 2016 license no.
- Athletes must wear BOTH the official race number on front and the 2016 ASA license number on the back of the running vest.
- Athletes competing for category prizes MUST wear official agecategory ID tags on the front and back of the running vest.
- Walkers competing for prize money must wear WALKER/W tags on the front and back of their vest.
- Foreign athletes must comply with IAAF rule 4 paragraph 2 regarding the handing over of their permits to the Race Organiser.

Unlicensed athletes

- All unlicensed athletes participating in the 21.1km and 10km events must purchase a temporary license number.
- The temporary license must be worn on the back of the running vest and the race number on the front.

General

- Entry fee is not refundable.
- Please do not discard water sachets/cups in gardens or drains. Please drop them in the bins provided or directly on the road.
- Toilets will be available at every water point.
- Race results will be published within five working days at www.raceresults.co.za and www.runandwalkforbibles.co.za

Riana van Niekerk,

*18 Jun 1976 – †13 Feb 2016

Riana was to most an inspiring athlete. She was, amongst others, four times a Comrades Gold medallist, six times winner of the Om die Dam Marathon and three times winner of the Two Oceans. Riana was a committed, hardworking ultra-distance athlete who ran every race to win. Her determination and drive was evident in her performances. Yet, she remained humble, and a person with immense integrity.



Prize money & medals

(equal for ladies/gents & runners/walkers)

Category	21.1 km	10 km
1 st Open	R300	R150
2 nd Open	R200	R100
3 rd Open	R150	R75
1 st Veteran	R150	R75
1 st Master	R150	R75
1 st G.Master	R150	R75
1 st GG.Master	R150	R75
80+	R150	R75
1 st Junior	R150	R75

Cash prizes will be awarded by the organisers and additional vouchers to each winner issued as awards by Sportsman Warehouse.

Medals to all participants

(sponsored by the Bible Society of South Africa)

Food and beverages will be available.

T-shirts will be on sale.

Club gazebos welcome.

Togbag area available.

Ample parking available on the school grounds for R10 per vehicle.

Participation at own risk. The organisers accept no responsibility for any loss, damage or injuries.

Enquiries:

Entry forms available on the websites of the organiser churches as well as Running Inn, Sweat Shop (Shouthdowns), Run-A-Way Sports and The Runner's Shop (Pretoria CBD). Enquiries can also be directed to: rw4bibles@gmail.com or Wynand at 082 778 7327