



RUN & WALK 4 BIBLES

IN MEMORY OF RIANA VAN NIEKERK

Safe parking for R10 at
Lewende Woord Centurion

Saturday 30 November 2019

Lewende Woord Centurion

213 Adam Tas Street, Clubview

GPS: S25°50'29.0" | E 28°10'04.8"

Bread4Brothers
food collection.
Refer to back page.



This is a Comrades Qualifying Race

**Pre-entries and online entries open from
16 September to 25 November 2019**

**Race entries accepted on Friday 29 November between
15:00 - 18:00 at Lewende Woord Centurion**



www.runandwalkforbibles.co.za

Race Information

Race Entries

RACE	START	CUT-OFF	ENTRY FEE
42,2 km	5:30	11:30	R150
21,1 km	6:00	9:30	R120
10 km	6:30	8:00	R90
5 km	6:35		R50

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

Temporary licence 42.2/21.1/10km - R40 | Online entries www.active.com | Entries on race day from 04:30
Pre-entries Run-A-Way Sport | Sweatshop (Dunkeld-West) | Sweat Shop (Southdowns)
kerksondermure (Hippolaan & Midstream) | Lewende Woord Centurion
70+, Blind Runners and Wheel Chair Athletes FREE entry on 30 November only.

Prize Money & Medals

DISTANCE/EVENT	42.2km			21.1km			10km		
Runners - Men & Ladies	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd
Junior	-	-	-	R 350	R 250	R 200	R 350	R 250	R 200
Open	R 2 800	R 1 800	R 1 000	R 1 500	R 600	R 350	R 750	R 400	R 250
Veteran (40 - 49)	R 600	R 400	R 200	R 400	R 300	R 200	R 350	R 250	R 150
Master (50 - 59)	R 500	R 300	R 200	R 350	R 250	R 150	R 250	R 150	R 100
Grand Master (60 - 69)	R 360	R 250	R 150	R 250	R 150	R 100	R 250	R 150	R 100
Great Grand Master (70 - 79)	R 260	-	-	R 250	-	-	R 150	-	-
G/Great Grand Master (80+)	-	-	-	R 150	-	-	R 150	-	-
Walkers - Men & Ladies	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd
Junior	-	-	-	R 250	-	-	R 150	-	-
Open	R 350	R 250	R 100	R 250	R 150	R 100	R 250	R 150	R 100
Veteran (40 - 49)	R 250	-	-	R 250	-	-	R 150	-	-
Master (50 - 59)	R 250	-	-	R 250	-	-	R 150	-	-
Grand Master (60 - 69)	R 250	-	-	R 250	-	-	R 150	-	-
Great Grand Master (70 - 79)	R 250	-	-	R 250	-	-	R 150	-	-
G/Great Grand Master (80+)	-	-	-	R 150	-	-	R 110	-	-

- Beverages will be available.
- Club gazebos welcome.
- Togbag area available.

Ample parking available at Lewende Woord Centurion at R10 per car.

Medals for the first 5000 athletes. Vouchers will be issued to 5km category (boys and girls) winners (Runners 1st-3rd place) and a money prize for the institution/denomination/ congregation/school/business with the most pre-entries.

Rules & General Information

All Athletes

- 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:
 - o Minimum age of 14 years on the day of the race for 10 km
 - o Minimum age of 16 years on the day of the race for 21.1 km
 - o Minimum age of 20 years on the day of race for 42.2 km
- 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.
- Sufficient refreshment stations will be 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 2019 license number (10, 21.1 & 42.2 km).
- Registered athletes must wear the current year's license number (2019) on the front AND back of their vests and, if issued with a race number, this must be worn on the front of the vest, positioned over the race number as per AGN // ASA ruling stipulations.
- Your race numbers must not cover the logos on the ASA licence. Failure to comply will lead to disqualification.
- Athletes competing for category prizes MUST wear official numerical age category ID tags on the front and back of the running vest.
- Walkers competing for prize money must wear 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 organisers.
- International athletes will be required to provide a clearance letter from their country of origin to the race referee, in the event of winning a prize.

Unlicensed Athletes

- All unlicensed athletes participating in the 42.2km, 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.
- The venue must be evacuated by 15h00.
- Race results will be published within five working days at www.raceresults.co.za and www.runandwalkforbibles.co.za

Friends of Run&Walk4Bibles 2019

Medals & Goody Bags to Participants



www.biblesociety.co.za
bible society of south africa

Online donation and donations on the day for Bible distribution and translation is possible.
Visit the Bible Society of South Africa at www.biblesociety.co.za

Title Sponsors



Other Sponsors & Water Points



Enquiries

Online entries at www.active.com. Registration can be done at kerksondermure
Monday - Friday during office hours and on Sundays. Enquiries can also be directed to:
rw4bibles@gmail.com | Wynand at 082 778 7327 or Francois at 072 215 3063 | dien@ksm.co.za

BREAD 4 BROTHERS

COLLECTING FOOD FOR THOSE IN NEED

30 NOVEMBER 2019 | FROM 04:00 TO 14:00
LEWENDE WOORD CENTURION

Bring a regular shopping bag with all, or any, of the following items:

Rice, Sugar Beans, Maize Meal, Coffee, Sugar
– preferably in 5kg packaging.



Social Upliftment Services



FOOD COLLECTION POINT WILL BE
AT SOCIAL UPLIFTMENT SERVICES STAND,
RUN&WALK4BIBLES 2019.

ENQUIRIES: INFO@SOCIALUPLIFTMENTSERVICES.CO.ZA
SECT 18A; NPC 2009/012075/08; 072-316-NPO; PBO 930036703

**YOUR DONATION WILL HELP BENEFIT CHILDREN IN 15 SCHOOL FEEDING SCHEMES
AS WELL AS 60 COMMUNITY BASED PROJECTS**



HELP SHARE THE STORY OF GOD'S AMAZING GRACE

In 2020 the Bible Society of South Africa will celebrate its 200 year anniversary. We are deeply grateful for the grace and favour the Lord has bestowed upon this organisation whose mission it is to provide affordable Bibles to everyone in the language of their choice. It is thanks to the Bible Society's work of translating, producing and distributing the Bible, that the people of South Africa can hear God speak to them in each of the 11 official languages. In celebration of this blessed and momentous milestone we have set a special goal for ourselves – to provide the people of South Africa with two million Bibles over and above the Bibles that we distribute annually.

THE NEED FOR BIBLES

Research shows: there is still a need for 23 million Bibles in our country; some 30 million South Africans live in poverty; the current employment rate stands at 27%. Our 2 Million Bibles project will see us distribute two million Bibles and two million sets of Bible-based literacy booklets to address both Bible poverty among those who can least afford a Bible. In this way we also address illiteracy in our country. Support this worthy cause and help us to sow hope into our nation. Be a sower of **HOPE**.



www.biblesociety.co.za
bible society of south africa

