

FOOD LOVER'S MARKET CHILLI ON TOP, SUNNINGHILL

SUNNINGHILL FOOD LOVER'S MARKET 2-IN-1 RACE

presented by

SUNNINGHILL STRIDERS RUNNING CLUB & CHILLI LANE SHOPPING CENTRE

When

22 September 2019

Where

Chilli Lane Shopping Centre

10km starts at 07:00

5km starts at 07:15



WERKSMANS
ATTORNEYS



10K RACE & 5K FUN RUN

Medals &
goodie bags to
all finishers

T-Shirts to the
first 200
entrants

Entry fee:

10k - R100

5k - R50

Temp licence
(10k only) R30

Secure parking

Variety of
restaurants at the
venue

Morning coffee

The Fun run is for
the whole family -
prams are
welcome

Entries

Available from 15 August 2019

Online entries at <http://peaktiming.co.za/>

Manual entries at:

Food Lover's Market at Chilli on Top

Sunninghill Striders Clubhouse at Time Trial
(www.sunninghillstriders.co.za for details)

Pre-entry collection and late entries (R110 and R60) on race day from 05:00 at the venue.

Prizes

Same for men and women. Sponsors will present gifts to the winners over and above the cash prizes indicated below

UltimateLITE
timing by



Official
CGA event



10K	JUNIOR	OPEN	40-50	50-60	60-70	70+
1ST	R300	R500	R200	R200	R200	R200
2ND	R200	R300	R100	R100	R100	R100
3RD	R100	R150				

5K	ALL
1ST	R300
2ND	R200
3RD	R100

Prizegiving starts at 08:30.
Cut-off is 2 hours (09:00) for the race and the fun run

Rules

1. The race will be run in accordance with the rules of ASA and CGA
2. Registered athletes must be members of a club affiliated to ASA and must wear club colours. Both 2019 licence numbers must be worn front and back with the issued race number in front, on top of the licence number, but the licence logos must be visible
3. Athletes indemnify the National, Provincial and Regional bodies, sponsors and organisers of the race against all and any action of whatsoever nature whatever the same may be arising out of their participation in the race.
4. Runners participate at their own risk.
5. Numerical age category ID tags must be worn (back and front) by athletes competing for category prizes.
6. On the day of the race competitors must be 14 years or older for the 10km race
7. Temporary licenced athletes must wear plain clothing with no advertising, the issued temporary number on the back and the race number on the front of the vest.
8. No seconding is allowed
9. Regrettably, no wheelchair athletes allowed
10. No blades, bicycles or other mechanically operated devices will be allowed on the route
11. Walkers are welcome
12. Pets are not allowed
13. Athletes must be present at the awards ceremony to receive their prizes
14. All instructions from traffic officials and marshals must be obeyed.
15. Athletes found littering the race route will be disqualified
16. No ear plug devices allowed during the race, except for hearing aids