



Limited to 2000 entries per event
Electronic Timing, Staggered start

IRENE ATHLETICS CLUB PRESENTS

IRENE RUNNING FESTIVAL

8, 9, 10 APRIL 2022

**Athletics
Gauteng North**



"Keeping more than hope alive"

ARC GROUNDS, NELMAPIUS ROAD

ENQUIRIES: INFO@IRENERUNNER.CO.ZA

TEL: 082 937 0733



IRENE

GOLD MEDALS TO ALL FINISHERS



**ONLINE ENTRIES ONLY
WWW.ENTRYNINJA.COM**

Entries close Sunday, 3 April 2022



Ideal seeding opportunity. Qualifying time is **5 hours 50 minutes** (same as for 50km), but with 2km less to run.
Mat to mat timing



ENTRY FEES

	48km	21.1km	10km	5km Fun run	10km Trail run
	R350	R200	R100	R70	R95
60 - 69	R280	R150	R80	R60	
70+	Free	Free	Free	Free	
Temporary licence	N/A	R40	R40	N/A	N/A

STARTING TIMES

Date	Distance	Start	Prize Giving
8-Apr	Trail	17:00	
9-Apr	10/21 km	6:00	8:00
	Fun run	6:15	9:00
	Walkers 10 km	10:00	12:00
10-Apr	48 km	5:30	12:00

PRIZE MONEY

Category	48km			21km			10 km			Trail run
Runners - Men & Women	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	N/A
Open	3000	2000	1000	750	500	300	400	200	150	
40 - 49	1000	750	500	600	400	200	300	150	100	
50 - 59	750	500	300	500	300	100	200	100		
60 - 69	500	300	200	400	250	150	100	-		
70+	400	-	-	200	-	-	100	-		
Walkers										
Open	-	-	-	-	-	-	200	100		
40 - 49	-	-	-	-	-	-	200	100		
50 - 59	-	-	-	-	-	-	200	100		
60 - 69	-	-	-	-	-	-	200	100		
70+	-	-	-	-	-	-	200			

RACE PACK COLLECTION

Date	Venue
Thursday 7 April	JHB (tbc)
Friday 8 April	09:00 till 18:00 Irene AC Clubhouse
Saturday 9 April	05:00 – 13:00 Race Venue
Sunday 10 April	04:30 – 05:30 Race Venue

RACE RULES

All participate at their own risk by their entry and indemnify the organizers, sponsors and governing bodies of any liability claims. Athletes acknowledge that by entering the event they are medically fit to participate.

All participants in the 48 km, 21.1 km and 10 km must wear a valid 2022 licence number on the back and front of their vest during the race. Unlicensed runners/walkers in the 10 and 21.1 km must buy a temporary licence (R40). Runners in the 48 km must wear a permanent 2022 licence number and are not allowed to wear a temporary licence number. Race numbers must be worn on the front of the runningtop. The race number must not cover the sponsor's logo on the licence number.

No licence required for the fun run and trail run

The race will take place under the rules of ASA, AGN and WA and all participants must wear club colours during the race, except when participating with temporary licences.

Minimum age of 20 years on the day for the 48k, 16 years for the 21.1km and 14 years for the 10km race. No age limit for the fun run.

Marshals and traffic officials must be obeyed at all times

No seconding is allowed

Age category tags to be worn on front and back of vest. Proof of age required for category winners.

No iPods or listening devices are allowed.

Medical support will be available.

No blades, cycles or mechanically operated devices are allowed in the race.

Cut off time: 10 km - 08:00, 21.1 km - 09:00, 48 km - 12:00

No pets/animals are allowed on the ARC premises

No refunds will be given once an entry is purchased. In the event that the race is cancelled due to reasons beyond the control of the organizers, the race will be converted to a virtual run. In such a case, arrangements will be made for medals to be couriered to entrants. Note that this may incur extra costs.

The race organizers retain the right to refuse entry and reject persons under the influence of drugs or alcohol who are disorderly or engage in inappropriate behaviour and vandalism.

Athletes who participate without buying a race entry will be disqualified.

No littering allowed.

No official timing of the 5km fun run.

All entrants have the option to buy the high quality, official T-shirt when entering. Orders close on 20 March.

Water points every 3 km

All participants must adhere to the COVID-19 health and safety protocols implemented by ASA, including screenings, sanitising, completing of the online medical questionnaire, social distancing and the wearing of masks. Masks may only be removed once the race has started and must be worn again after the finish.

No tog bag area available.

Category winners who are not present at the prize-giving will have to collect their prizes and medals from the Irene Athletic Club.

Ideal seeding opportunity. Qualifying time is 5 hours 50 minutes, the same as for 50km, but with 2km less to run. Mat to mat timing

Novice walkers are welcome to join, will receive a loan "N" tag at the registration table.

Novices will not be disqualified; however, these entrants will not be eligible for prize money, nevertheless will receive Race Medals.