

ROWLIN GLOW RUN

30 October 2019 | 5km • 10km • 15km | Benoni Northern Sports Club

GENERAL RULES

- The race is run in accordance with the rules of A.S.A and CGA. Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against all or any actions of whatsoever nature, whatever same arise out of their participation of the race.
- Registered athletes must be a member of a club affiliated to A.S.A. Athletes must wear their club colours and 2019 license numbers must be worn (front & back).
- Minimum ages: 15km = 16 years & 10km = 15years
- Numeric age category ID tags to be worn on the back and front of vest and clearly visible.
- Proof of age must be produced on request on the race day.
- Temporary licenses from CGA will be available at the start at an additional cost of R30.00 (10km & 15km).
- Temporary licensed athletes to wear plain clothing with the issued temporary license number (front & back).
- No ear plugged devices allowed during the race (excluding hearing aids). In contravention of IAAF Rule 14.4.2b that may lead to disqualification.
- Athletes are only eligible for prizes in the race they entered.
- Regret no wheelchair athletes due to road surface.
- No seconding allowed.
- Proof of age for prize winners will be required and to be presented before prize giving.
- Prizes will be withheld until confirmed.
- 1, 2, 3 or 4 wheel carts or prams which are mechanically or manually operated by participants will not be allowed to participate without special permission from the race organisers and traffic authorities.

PRIZE GIVING AT 21:00

- 1st man and woman 15km | R500
- 2nd man and woman 15km | R250
- 3rd man and woman 15km | R125
- 1st man and woman 10km | R500
- 2nd man and woman 10km | R250
- 3rd man and woman 10km | R125

- Prizes will only be awarded to athletes who fill in ALL the info on the race sticker/ tear-off slip.
 - International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize.
 - No animals allowed.
 - Objections must be lodged within 30 minutes (before or after prize giving) in writing to the chief referee accompanied by R300.00 which is refundable if the appeal is upheld.
 - Foreign athletes are not allowed to run with a ASA Provincial licence and are required to purchase a temporary licence or face disqualification. (Refer to IAAF Rule 4.1)
 - Foreign athletes are not allowed to run in club colours unless such club exists in their country of origin or they are in possession of a refugee status permit or are naturalised.
 - Must produce race number for approval.
 - Online entries close 24/10/2019.
- Contact: 083 657 8885 | bnraceorganisers@gmail.com



Rowlin National
BROKERS

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ROWLIN GLOW RUN

30 OCTOBER 2019

5km | 10km | 15km

A celebration of fitness,
music and fun!



Rowlin National
BROKERS

ORGANISED BY | Benoni Northern Athletic Club
STARTING TIME | 19:00 | 5km will start at 19:10
ONLINE ENTRIES | www.enteronline.co.za
The closing date for pre-entries will be 24 October 2019
RACE DAY ENTRIES | Taken at the start from 17:00
VENUE | Benoni Northern Sports Club,
Albert Bekker Park, Brodigan Street, Northmead, Benoni
ENTRY FEE | R80.00 - 15km, R70.00 - 10km, R50.00 - 5km
ENQUIRIES | Race office - 083 657 8885
PRIZES | Medals to 15km, 10km & 5km finishers

Ready. Set. GLOW!



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