

THE CSIR RUNNING CLUB  
IS PROUD TO HOST THE

# 30<sup>TH</sup> CSIR ROAD RACE

**SATURDAY,  
21 OCTOBER 2023**

**CSIR MAIN CAMPUS, MEIRING NAUDE  
ROAD, BRUMMERIA, PRETORIA**

**Run and Walk 21.1 KM  
10 KM  
06:00**

**CUT-OFF TIME IS 09:15**

NB: Any participant taking part in the 21.1 km who has not reached the Main Gate at 08:30 will not be permitted to complete for safety reasons

**Run and Walk 5 KM  
06:30**

**RACE VENUE**

Start and finish at the CSIR Main Campus, Meiring Naude Road, Brummeria, Pretoria

**ONLINE ENTRIES: [www.entryninja.com](http://www.entryninja.com)**

**RACE RESULTS: [results.finishtime.co.za](http://results.finishtime.co.za)**

RACE	ONLINE ENTRY FEE	LATE ENTRY FEE	MINIMUM AGE	START TIME	CUT OFF	PRIZE GIVING
21.1 km	R200	R230	16 years	06:00	09:15	09:00
10 km	R150	R180	14 years	06:00	08:00	09:00
5 km	R50	R60		06:30		

## RACE INFORMATION

- **Non-licensed athletes** in the **10 km and 21.1 km** events must buy a temporary licence for **R50**
- **Free entry for 70+** and **blind athletes** on race day only
- **Participation at own risk;** the organisers accept no responsibility for any loss, damage or injury
- **Race results** will be published on **results.finishtime.co.za**

## ENTRY INFORMATION

Online entries at [www.entryninja.com](http://www.entryninja.com)

Online entries open on **23 June 2023** and close on **16 October 2023, at midnight**

**LATE ENTRIES VIA THE FINISHTIME APP AT CSIR SPORTS OFFICE ON 20 OCTOBER 2023 ONLY**

## ENTRY COLLECTIONS

- **WEDNESDAY, 18 OCTOBER 2023,** at **Run-Away-Sport** from **13:00 - 16:00**
- **MONDAY, 16 OCTOBER** and **FRIDAY, 20 OCTOBER 2023,** at **CSIR Sports Office, South Gate,** Meiring Naude Road, Brummeria from **15:00 - 18:00**
- **SATURDAY, 21 OCTOBER 2023,** at **CSIR Campus, North Gate,** Meiring Naude Road, from **04:30 - 05:50**

## SPORTS SHOP

**Run-A-Way Sport** - 302 Freesia Street, Lynwood Ridge, **012 361 3733**

## MEDALS

**GOLD** - all category winners and **1st man** and **1st woman** for **5 km Fun Run**  
**SILVER** - **Second place man and women in open categories 10km and 21km**  
**BRONZE** - all finishers within the cut-off time

## ENQUIRIES

Please contact the **Race Organiser** between **09:00** and **16:00**

**Tebogo 079 528 8410** and **Elaine 083 264 8800**

## EMAIL

[chairperson@csirrunner.co.za](mailto:chairperson@csirrunner.co.za) and [csirsports@csir.co.za](mailto:csirsports@csir.co.za)

## RACE RULES

- The race must be run in accordance with the rules of ASA and AGN.
- Athletes who are registered for the 10 km and 21.1 km races must wear the ASA 2023 licence on the front and the back of the running vest. The official race number must be on the front of the vest and must not cover the logos on the licence number.
- Temporary licensed athletes for the 10 km and 21.1 km races must wear the required temporary licences at the back of the vest.
- All licensed athletes competing for category prizes must wear numeric category tags clearly visible on the back and front of the vest. Proof of age for prize winners will be required.
- Walkers competing for prize money must wear a clearly visible "W" tag on the front and the back of the vest.
- No seconding is allowed.
- No iPods or any listening devices are allowed.
- No blades, cycles or mechanically operated devices allowed on the race.
- No dogs allowed.
- The minimum age for 21.1 km is 16 years and 14 years for 10 km.
- Participants are required to obey the instructions of all traffic officials, race marshals and race referees.
- Runners are not allowed to run in someone else's number. No substitution allowed.

## GENERAL

- Parking is at own risk.
- Clubs must use the entrance in Meiring Naude Road, Brummeria, Gate 3, North Gate and must please drop off their trailers and gazebos in the designated spots and demarcated areas. Clubs are requested to setup Club trailers and gazebos on 20 October, Friday between 16:00 and 19:00.
- The gate will be closed for vehicular traffic at 04:30 on race day. Only pedestrians will be allowed access from 4:30 to 11:00.
- A tog bag area will be available.
- Club gazebos are welcome and fire extinguishers are mandatory if a gas braai is used.
- Participation is at own risk. The organisers, sponsors, CSIR or any agents accept no responsibility for any loss, damage or injury.
- Baby strollers are welcome on the 5 km run. NO strollers allowed on the 10 km and 21.1 km routes.
- Wheelchair athletes are not allowed due to the route profile of the race.
- Medical assistance will be available.
- Refreshment stations (water and coke) will be at approximately every 3 km.
- The entry fee is not refundable.
- Please do not litter. Do not discard water sachets or cups in the gardens and drains.
- Any participant who is running 21.1 km who has not reached the Main Gate at 08:15 will not be permitted to complete the race. This is for safety reasons.
- The cut-off time is 09:15.

## PRIZE MONEY

Run and Walk (Men and Women)

**NO CATEGORY TAG, NO PRIZE MONEY**

**ALL PRIZE MONEY WILL BE PAID VIA EFT ON THE RACE DAY**

10km Category		
Open Runners	Male	Female
First place	R750,00	R750,00
Second place	R300,00	R300,00
Third place	R150,00	R150,00
Veteran First	R300,00	R300,00
Masters First	R200,00	R200,00
Great Masters	R150,00	R150,00
Great Great Masters	R100,00	R100,00

21 Km Category		
Open Runners	Male	Female
First place	R1 500,00	R1 500,00
Second place	R600,00	R600,00
Third place	R250,00	R250,00
Veteran First	R400,00	R400,00
Masters First	R250,00	R250,00
Great Masters	R200,00	R200,00
Great Great Masters	R100,00	R100,00

10 km Category (no age categories)		
Walkers	Male	Female
First place	R300,00	R300,00
Second place	R200,00	R200,00
Third place	R100,00	R100,00

21 km Category (no age categories)		
Walkers	Male	Female
First place	R500,00	R500,00
Second place	R250,00	R250,00
Third place	R150,00	R150,00