

JUNE 16 UPRISING RACE 2024

TOTAL PRIZE R112 000



16KM RACE

RACE START: **08:00AM**
CUT OFF: **12:00PM**
ENTRY FEE: **R250**
TEMPORARY LICENSE: **R70**

5KM FUN RUN

RACE START: **08:15AM**
CUT OFF: **10:00AM**
ENTRY FEE: **R120**
TEMPORARY LICENSE: **R0.00**

**FIRST 500 ENTRIES RECEIVE A FREE T-SHIRT
THEREAFTER R200.00 PER T-SHIRT.**

START AT

MORRIS ISAACSON
HIGH SCHOOL

GPS: **-26.245455, 27.872481**

FINISH AT

BAPEDI HALL,
MEADOWLANDS

GPS: **-26.219273, 27.901226**

Participants will be transported from the finish (Bapedi Hall) to the start point (Morris Isaacson) from 06:30AM & last transport will leave at 7:15AM

For more info contact:

Tolamo: +27 82 592 5633 | Moleboheng: +27 63 107 2986

Email: remmogoathleticsclub@gmail.com | molebo.sehume@gmail.com

Entries Available at: www.june16race.co.za or www.peaktiming.co.za



JUNE 16 RACE RULES



1. The event is held under the rules of CGA and ASA, and any regulations of the race.
2. All participants do so at their own risk, and that they acknowledge by entering the event that they are medically fit to do so.
3. Licensed athletes must wear club colours and their valid licence number back and front, on the upper body of the vest or backpacks and the issued race number worn in front of the vest without covering the sponsors name.
4. 2024 Licensed athletes not wearing club colours will be disqualified should they win the race or qualified for prizes.
5. Temporary licensed athletes must wear plain vest/shirt and the issued temporary license at the back of their vest, and race number in front.
6. Athletes competing for category prizes must wear visible age tags on the front and back of their running vest.
7. Foreign athletes (International) are not allowed to run with ASA provincial license, and are required to purchase a temporary license or face disqualification.
8. Foreign athletes (International) 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 naturalized citizens of RSA.
8. Minimum age for 5kms (Fun Run) is 9 years old and 16 years old for the 16 kms Race.
9. Medals will be handed out to all participants.
10. Prize giving will be done at 10h30am at the finish point.
11. Proof of age for category prize winners is required and must be presented to the chief referee.
12. No blades, cyclists or mechanically operated devices will be allowed in the race. Only athletes with impairments (wheelchair, blind or deaf) may register and notify the race organizer. All such participants must start at the back of the field.
13. No animals/pets are allowed to participate.
14. All instructions from traffic officers, marshals and race officials must be obeyed at all times.
15. No refunds In the event the race has to be postponed/cancelled for reasons beyond the race organizers control, 50% entry fee will be retained for the next date or race.
15. No earphones - contravention of this rule may lead to disqualification.
16. Club gazebos are allowed.
17. Parking will be available at the venue. Marshals will be clearly identifiable, please adhere to their guidance to ensure a smooth flow of traffic and parking at the designated areas.

16KM (Men & Women)

Position	Open Male & Female		40-49yrs		50-59yrs		60-69yrs		Junior	
1	M - R16 000	F - R16 000	M - R2 000	F - R2 000	M - R2 000	F - R2 000	M - R2 000	F - R2 000	M - R2 000	F - R2 000
2	M - R10 000	F - R10 000	M - R1 000	F - R1 000	M - R1 000	F - R1 000	M - R1 000	F - R1 000	M - R1 000	F - R1 000
3	M - R8 000	F - R8 000	M - R500	F - R500	M - R500	F - R500	M - R500	F - R500	---	
4	M - R6 000	F - R6 000	---		---		---		---	
5	M - R4 000	F - R4 000	---		---		---		---	

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June 16 UPRISING Race



Equity - Diversity - Accessibility - Inclusion

JUNE 16 RACE ENTRY FORM

June 16 UPRISING Race



PLEASE SUPPLY INFORMATION – PRINT CLEARLY USING BLOCK LETTERS

Event Entering (Please Tick) **16KM Run** **5KM Run**

Where did you hear about the race? Website Facebook Instagram Other

PERSONAL INFORMATION

Name & Surname

Nationality ID Number

Gender Date of Birth: (DD-MM-YYYY)

Email Cell No

Address

Suburb Postal Code Province

Athletics Club Temp License Yes No

License Number

Next of Kin Name Cell No

CHOOSE T-SHIRT SIZE

Small

Medium

Large

X Large

XX Large

CHOOSE RACE

Distance	Entry Fee	T-shirt	Closing Date	Closing Time
16KM	R250	R200	15 June	15h00
5KM	R100	R200	15 June	15h00

FIRST 500 ENTRIES RECEIVE A FREE T-SHIRT - THEREAFTER R200 PER T-SHIRT. CLOSING DATE FOR ONLINE ENTRIES IS THE 15TH OF JUNE 2024 OR ONCE CAPACITY HAS BEEN REACHED. REGISTRATION AND COLLECTION ON RACE DAY FROM 5AM TO 6:45AM.

JUNE 16 RACE INFORMATION

June 16 UPRISING Race



RACE RESULTS AVAILABLE AT WWW.PEAKTIMING.CO.ZA
ONE WEEK AFTER THE RACE



Water & Coke provided at refreshment stations, every 3kms



First 500 entries receive a FREE T-shirt



Medical support will be available at the venue & on race route



Medals to all finishers
Prize Giving at 10h30



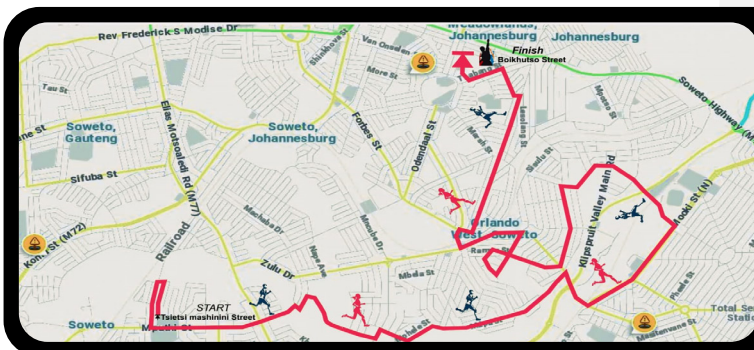
No Prizes will be issued before Prize Giving



Winners Must stay for Prize-Giving to collect their prize



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JUNE 16 UPRISING RACE



SCAN ME
Peaktiming.co.za



SCAN ME
June16race.co.za

Disclaimer: I acknowledge and agree that June 16 UPRISING Race Event, its sponsors, organisers, suppliers, volunteers associated with the event will not accept responsibility for injuries, damage or loss of any nature whatsoever which may result from participating in the June 16 UPRISING Race Event. And I declare that I am participating in the June 16 UPRISING Race Event entirely at my own risk even if I have not read this disclaimer and someone has entered on my behalf. If the event/ run/ should be cancelled owing to circumstances beyond the control of the organisers, no refund will be granted. Note: Consult a medical practitioner before engaging in any physical activity.

Signature: _____

Signature of Parent or Guardian: (If still a minor): _____

Date: _____