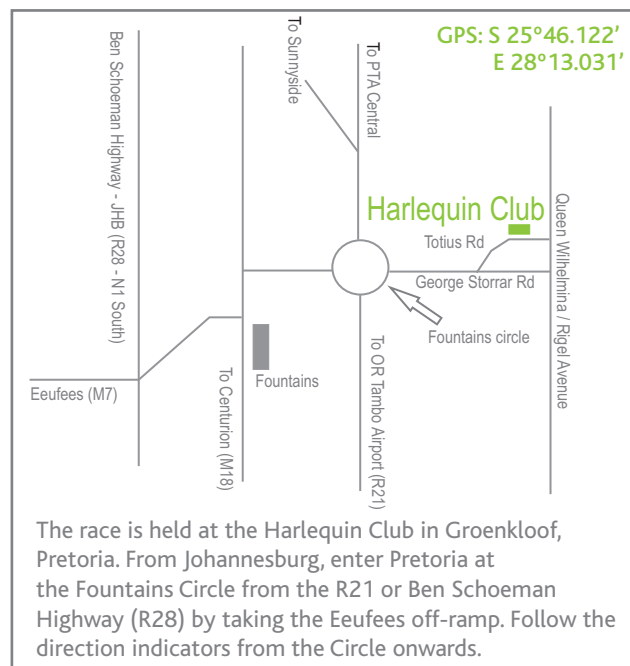


rules

- The race is held under the rules of ASA and AGN.
- Athletes participate at their own risk.
- All athletes must wear their Medihelp race numbers on the front of their running vests. Registered athletes must wear their valid licence numbers on the back. Non-registered athletes must purchase a temporary licence in addition to the race entry fee and this number must be worn on the back.
- No licence numbers are required for the 5 km fun run (Baby Monster).
- No age restriction applies for the Baby Monster, but parents entering children take full responsibility for the safety of their children.
- No athletes under the age of 19 years on the day will be allowed to enter the 32 km race. No athletes under the age of 15 years will be allowed to run the 10 km race.
- An athlete will not be eligible for any age category prizes unless he/she is wearing an official age category tag for the category he/she is competing in, prominently displayed on the front and back of his/her running vest. An athlete may only compete in the age category displayed on his/her vest. Thus, a master athlete will not qualify for any veteran prizes, and a grand master will not qualify for any veteran or master prizes. An athlete may however decide to enter for a younger age category by wearing the specific age category tag for a specific event. In all races with pre-entries or where different age categories are taken, these athletes must enter for the age category corresponding to the age category tag displayed on his/her running vest. Any athlete who cannot produce upon demand any acceptable proof of age documents will be afforded three days in which to comply, failing which he/she will be ineligible for any age group prizes.
- Walkers competing for prizes should have their "W" ID tags prominently displayed on the front and back of their running vests.
- No iPods, Walkmans, or similar devices are allowed whilst participating.
- No seconding or bicycles are allowed along the route. Ample refreshment stations are provided.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against all and any actions of whatever nature that may occur during the race.
- Proof of age to be produced on race day if requested by a referee.
- No refunds will be made.
- In the event of non-participation an entrant may not allow another runner to use his/her number without prior permission from the race organiser, which permission must be obtained at least 24 hours in advance.
- Foreign athletes must observe IAAF Rule 4.2.
- Cut-off time:
32 km - 4 hours 30 min (runners and walkers)
10 km - 2 hours (runners and walkers)
- Routes not suitable for wheelchairs.

how to get there



hosted by



**HARLEQUIN
HARRIERS**

This could be you!

Get spotted and win R1,000

Dress in something green and get spotted wearing your Medihelp sun visor on race day and you could win one of three R1,000 lucky draw prizes!

For simple relevant cover SMS **value** to 32291 and a friendly Medihelp consultant will contact you.



Medihelp is an authorised financial services provider

35th running
WIN R1,000
Get spotted wearing something green.

medihelp

sunrise monster

32 km • 10 km • 5 km fun run

make sure you enter the ultimate comrades conditioner today.

Date: Saturday, 3 March 2012

Venue: Harlequin Club,
Groenkloof,
Pretoria



medihelp
medical scheme

NETCARE
082911
24HR EMERGENCY MEDICAL ASSISTANCE

**HARLEQUIN
HARRIERS**

