

medihelp

sunrise monster



40

YEARS RUNNING 1978 – 2017

32 km

Comrades conditioning

10 km

challenge

5 km

fun run/walk

SATURDAY, 4 MARCH 2017 | HARLEQUIN CLUB
GROENKLOOF, PRETORIA



medihelp
medical scheme



entry form

Name and surname

ID number

Age on day of event Sex Cell

Email Licence No 2017

Athletic club Province AGN CGA OTHER

Age category Junior (<20) Open Veterans (40+) Master (50+) Grand Master (60+) Great Grand Master (70+) GG Grand Master (80+)

Current medical scheme Medihelp Other (please specify):

entry fee

	32 km Sunrise Monster	10 km Mini Monster	5 km Baby Monster*	Temp. Licence	Total
Earlybird-entries until 1 March 2017	R100	R70	R40	R30	
Grand Master (GM)	R60	R40	R20	R30	
Race day entries (excl GM)	R120	R80	R50	R30	

Race day entries accepted from 04:30

* NO TEMPORARY LICENCE REQUIRED FOR BABY MONSTER (5 km fun run).

Please note that an admin fee is applicable to online entries.

FREE ENTRY ON RACE EVE OR RACE DAY ONLY FOR:

- G & GG Grand Master (70+ & 80+) entrants
- All participants whose birthday falls on race day, 4 March 2017 (proof of ID required).

All participants must read the following and sign in the space provided:

I declare to abide by the rules of the event. I will participate in the race at my own risk and I hereby indemnify the national and provincial bodies, sponsors and organisers of the race against any action or claim of whatever nature, which may result from my participation in the event.

Signature

Parent/Guardian signature
(if under 18)

Date

ARE YOU TOUGH ENOUGH?
collect your finisher t-shirt after the race

*only registered athletes may collect on completion of the race, while stocks last, sizes are not guaranteed.



Date:	Saturday, 4 March 2017	
Venue:	Harlequin Club, Totius Street, Groenkloof, Pretoria	
Starting time:	32 km	06:03 (sunrise)
	10 km	06:30
	5 km	06:40
Prize-giving:	10 km	08:30
	32 km	09:30

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special race features

32 km (Sunrise Monster)

- Gold medals for winners of each category.
- Silver medals for all men who finish under 2:08 and all women who finish under 2:30.
- Bronze medals for all other finishers.
- **Medihelp Sunrise Monster T-shirt for all race finishers, while stocks last and sizes are not guaranteed.**

10 km (Mini Monster)

- Gold medals for winners of each category.
- Silver medals for first 50 finishers (excluding category winners).
- Bronze medals for all other finishers.
- **Medihelp Sunrise Monster T-shirt for all race finishers, while stock last and sizes are not guaranteed.**

5 km fun run (Baby Monster)

- Medals for all finishers.
- No temporary licence required.
- **Medihelp Sunrise Monster T-shirt for all race finishers, while stock last and sizes are not guaranteed.**

All races

- Limited free parking at Harlequin Club with security. Tog bag area will be available at own risk. Please note that, although all possible security precautions will be taken, tog bags are kept at the owner's risk. All participants must comply with security arrangements.

Instructions will be displayed at the tog bag area.

- Netcare 911 will provide medical support en route as well as at the finish.
- Hot and cold refreshments will be on sale.
- Water points will be available approximately every 3 km along the route.
- Toilet and shower facilities available.

entry information

**Pre-entry closes on 1 March 2017. Download an entry form at www.medihelp.co.za/events
Pre-entries will be accepted at the following outlets* as well as at www.entrytime.co.za.**

Outlets:

Run-a-way Sport	Tel: 012 361 3733
Running Inn	Tel: 012 460 0051
The Runner's Store, Tramshed	Tel: 012 320 0055
The Sweat Shop, South Downs	Tel: 012 665 0048

- **Race enquiries:**
Geoff Hesse - 082 896 4377
Piet Ackermann - 082 337 6909
Tshepo Matlhare - 078 703 6236

Race day entries, temporary licence entries and pre-entry collection will only be available at the Harlequin Club fields on Friday, 3 March 2017 from 15:00-18:00 and on the morning of the race from 04:30.

prizes: men and ladies

32 km	1st	2nd	3rd
Open	R1000	R600	R300
Veterans (40+)	R400		
Master (50+)	R400		
Grand master (60+)	R300		
Great grand master (70+)	R200		
GG Grand master (80+)	R200		

10 km runners

Open	R600	R400	R200
Veterans (40+)	R300		
Master (50+)	R300		
Grand master (60+)	R200		
Great grand master (+70)	R200		
GG Grand master (80+)	R200		
Juniors	R200		

10 km walkers

Open	R400	R300	R200
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FOR MORE INFO
QR SCAN ME

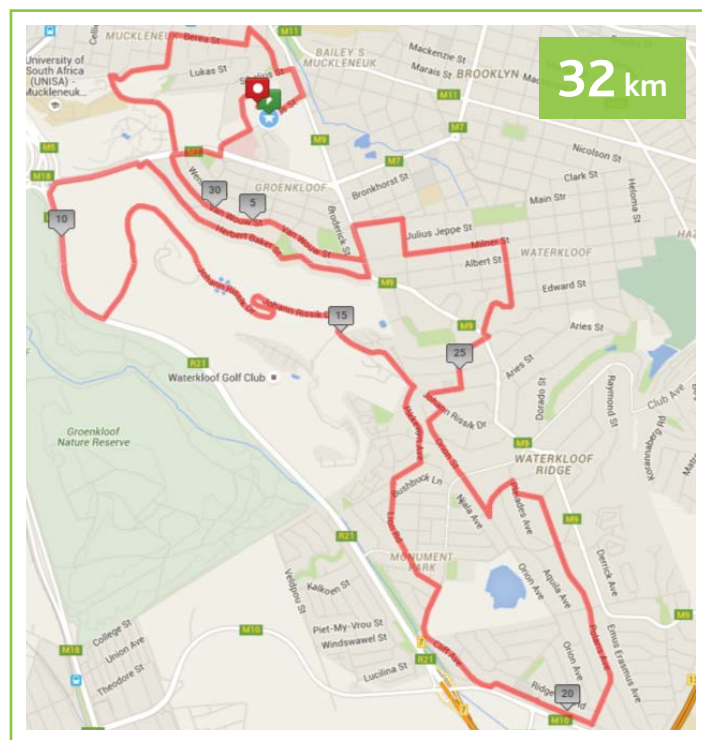


www.medihelp.co.za/events

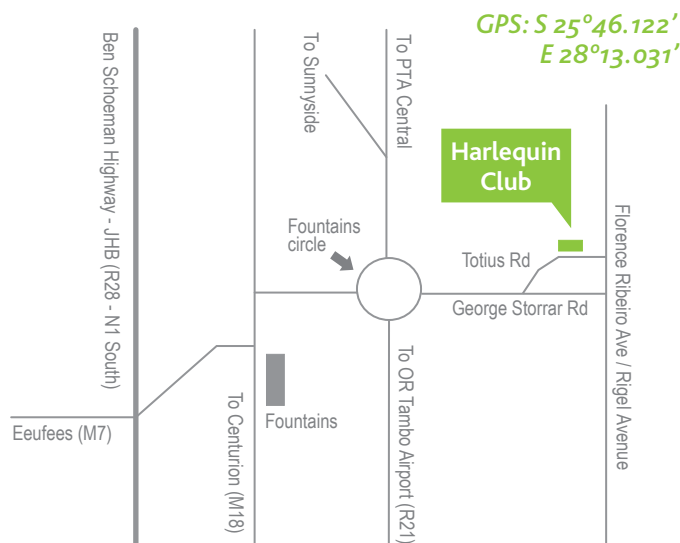
rules

- 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, taking care not to obscure the ASA/main sponsor logo on the valid licence number beneath it. Registered athletes must wear their valid licence numbers on the front and 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 14 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 accepted, athletes must enter for the age category corresponding to the age category tag displayed on his/her running vest. Any athlete who cannot on request produce 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 listening devices are allowed whilst participating (IAAF Rule).
- 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 wheelchair.
- Race results will be available on www.raceresults.co.za

route indication



how to get there



The race is held at the Harlequin Club in Groenkloof, Pretoria. From Johannesburg, enter Pretoria at the Fountains Circle from the R21 or Ben Schoeman Highway (R28) by taking the Eufeefes off-ramp. Follow the direction indicators from the circle onwards.

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- A club starter pack
- Access to relevant information, including a free monthly newsletter

Send email to: sportclub@medihelp.co.za for more information

