

Organised by



Sunday 19 January 2025

54th
Road Race

New Route

Fast & Flat Double Lapper

Starting time:

32 & 15km at 6am

5km at 6:15am

Sprints Striders Road Race 32km/15km/5km

First 200 entrants receive free t-shirt

T-shirts available for purchase



Venue

Veritas College Senior School
Nestor Road

Pollak Park, Springs

GPS:-26.2591186,28.1517656

Secure parking R30

Normal entry :

32km – R 300.00

15km – R 220.00

5km – R 90.00



www.entryninja.com



Vitality



CENTRAL GAUTENG
ATHLETICS

Organised by



Starting time:
32 & 15km at 6am
5km at 6:15am

54th
Road Race

2025 Fast and Flat Double Lapper 32km/15km/5km Fun Run

INFORMATION

1. Entries available on www.entryninja.com
2. Closing date for Pre-Entries & permanent number is 12 January 2025.
3. Runners completing their 10th or 21st 32km on Sunday collect your permanent number on completion of the race.
4. Refreshment tables every 3kms.
5. There are toilet facilities at the start and watering points
6. Prize giving 15km: 8h00 - 32km: 10h00
7. Medical support will be available
8. Tog bag area available - PLEASE NOTE whilst the utter most care will be taken at the tog bag area, Springs Striders will not be held liable for any loss or damage.
9. Our Springs Striders 15/32km Road Race promotes a litter free race, please use the bins provided.
10. Veritas College Nestor Road, Pollak Park, Springs.

RULES AND REGULATIONS

1. The race is held under the rules of ASA and CGA.
2. International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize.
3. Temporary Licences: 15km - R60.00 - 32km - R80.00
4. Runners participate at their own risk.
5. Athletes must be 16 years and older for 15km and 19 years and older for the 32km.
6. Athletes indemnify the National, Provincial & Regional Bodies, Sponsor & Officials of the race against all or any action of whatsoever nature, that may arise out of their participation in the race.
7. Licenced athletes who do not wear their 2024/2025 licence numbers must purchase a temporary licence on the day or face disqualification. Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary. Licenced athletes wearing club colours without BOTH licences may face disqualification.
8. Temporary licensed athletes must wear plain clothing and the temporary licence number on the back & Striders number on the front.
9. Numerical Age ID tags to be worn visibly, front & back. Proof of age to be produced on race day, if requested.
10. All marshals and traffic authorities must be obeyed.
11. Runners may not run in someone else's race number
12. Objections must be lodged within 30 minutes after prize-giving in writing to the Chief Referee accompanied by R300.00 which is refundable if the appeal is upheld.
13. No Animals and No I-pods - Wheel chair athletes welcome.
14. Entry fee is non-refundable, No refund if race is cancelled for any reason whatsoever.
15. Cut off time for 15km and 32km is at 11h30.

SPRINGS STRIDERS 5KM WALK/RUN

Start: 06h15 - No time limit
 Entry Fee: R90.00
 No licence required
 Medals for all finishers

32KM PRIZE MONEY

MEDALS & RIBBONS

Open Men and Women
 Veteran Men and Women
 Master Men and Women
 Grand Master Men and Women
 Great Grand Master Men and Women

1ST	2ND	3RD
R1500	R900	R600
R675	R525	R375
R350	R200	N/A
R350	R200	N/A
R350	R200	N/A

15KM PRIZE MONEY

MEDALS & RIBBONS

Open Men and Women
 Veteran Men and Women
 Master Men and Women
 Grand Master Men and Women
 Great Grand Master Men and Women

1ST	2ND	3RD
R600	R450	R375
R375	R200	N/A
R250	R200	N/A
R250	R200	N/A
R250	R200	N/A

Race packs can be collected at the following venues

Thursday 16 January 2025
 Sportsmans Warehouse Fourways
 15:00-17:00 011 467 0997
 Cnr William Nicol Dr & Sunrise Blvd
 Shop G23, Fourways Crossing Retail Centre
 Lone Hill, Sandton

Friday 17 January 2025
 Sportsmans Warehouse East Rand Value Mall
 15:00-17:00 011 823 3203
 Cnr Rietfontein & Madeley Rd Shop 5-6,
 East Rand Value Mall, Hughes, Boksburg

Saturday 18 January 2025
 Veritas Collage Senior School
 10H00-15h00
 Nestor Rd, Pollak Park, Springs

Sunday 19 January 2025
 Veritas College Senior School
 04H30-05:30
 Nestor Rd, Pollak Park, Springs

Courier Option available

RACE RESULTS AVAILABLE AT
WWW.RESULTS.FINISHTIME.CO.ZA
 Team vitality points awarded for our race:
 15km - 600 points
 32km - 1500 points



It always ends with a FinishTime ... but we're just getting started

CLOSING DATE FOR ONLINE ENTRIES
AND PRINTED PERMANENT NUMBERS
1 JANUARY 2025