

# KEARSNEY STRIDERS

HALF MARATHON

16KM WALK

SUNDAY 1st FEBRUARY 2009

6:00 am

HOSTED AT



KEARSNEY COLLEGE  
Founded in 1921



Sponsored by:

 ***DUNLOP***

***“TOUGH TYRES, TOUGH RACE!”***

**RICHDENS  
SPAR**

**BLUECHIP  
SNACKS**

**BAY  
UNION**

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LIGHT  
LAGER**

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*Endorsed by “RUNNERS WORLD MAGAZINE” as “Highly Recommended”*

Rate your race [www.runnersworld.com](http://www.runnersworld.com)

# CASH PRIZES IN ALL CATEGORIES

|                      | 1st     | 2nd     | 3rd  |
|----------------------|---------|---------|------|
| Men & ladies         | R1000   | R600    | R300 |
| 35 - 39              | R200    | R150    | R100 |
| 40 - 49              | R200    | R150    | R100 |
| 50 - 59              | R200    | R150    |      |
| 60+                  | R200    |         |      |
| Junior 16 -19        | R200    |         |      |
| Walkers men & ladies | R400    | R275    | R150 |
| First ladies team    | R50 x 4 | Runners |      |
| First mens team      | R50 x 4 | Runners |      |
| First ladies team    | R50 x 4 | Walkers |      |
| First mens team      | R50 x 4 | Walkers |      |

**Directions to Kearsney College:** Kearsney College is situated on the top of Botha's Hill on the Old Main Road.

If travelling from Durban you keep on the N3 toll road and take the Shongweni / Assagay turnoff. Turn right at the Stop sign; proceed over the M13 until you come to a T-junction robot. Turn left into Old Main road and proceed up to the top of Botha's Hill. The Kearsney gate is on the left after the Fainting Goat Centre.

If travelling from Pietermaritzburg you keep on the N3. You will branch off at the M13 and then take the turnoff to Shongweni /Assagay. At the Stop sign turn left until the T-junction robot. Turn left and proceed up to the top of Botha's Hill. The Kearsney gate is on the left after the Fainting Goat Centre.

Phone 082 552 6125 / 083 459 3802 if lost.

We look forward to welcoming you to Kearsney and wish you a successful run/walk on this challenging course



# ENTRY FORM FOR KEARSNEY STRIDERS HALF MARATHON

Surname: \_\_\_\_\_

First name(s): \_\_\_\_\_

Tel No: \_\_\_\_\_ I.D. No: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age (on race day): \_\_\_\_\_

Age Category:  Junior  Open  35 - 39  40 - 49  50 - 59  60+

Club (in full): \_\_\_\_\_

Province: \_\_\_\_\_ SA Citizen:  YES  NO

Permanent Resident Number (if applicable) \_\_\_\_\_

License Number: \_\_\_\_\_ 21.1km Runner  16km Walker

Male/Female: \_\_\_\_\_

Payment options: I enclose a cheque/postal order for R \_\_\_\_\_ for \_\_\_\_\_ entry/entries. Make your cheque payable to KEARSNEY STRIDERS and post to: Kearsney Striders, P.O. Box 1369, Hillcrest 3650.

**Indemnity:** I am medically fit to run/walk and understand that I enter at my own risk and am responsible for any injury or illness during or as a result of the race, or for any property lost, stolen or damaged whilst on Kearsney property. I agree that I will be responsible for the medical costs incurred.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The race will be run subject to the rules of the IAAF, ASA, KwaZulu-Natal Athletics.

All licensed runners are expected to participate in this race displaying 2009 license numbers on the front and back of vest. All participants must wear correct club colours. Age category tags and walkers tags must worn on the front and back of vest. Foreign athletes must abide by I.A.A.F Rule 4. 2. and 142. No personal seconding.

# KEARSNEY STRIDERS



## 21KM CHALLENGE - 16KM WALK

**DATE** : Sunday, 1st February 2009  
**TIME** : 06h00 (3 1/2 hour cut off time)  
**DISTANCE** : 21.1 km run ; 16km walk

### **START/FINISH VENUE:**

- Kearsney College, Old Main Road, Botha's Hill  
(Parking available inside Kearsney College)
- Club Gazebo's may be erected on Saturday after completion of School cricket

### **PRE-RACE ENTRIES:**

- In person on Saturday 31st January. 11h00 – 17h00 at the Kearsney College Coffee Shop.
- [www.enteronline.co.za](http://www.enteronline.co.za) - by 30/01/2009.

**REGISTRATION** : From 4:30am on Sunday 1st February at the Greyhound Pavilion, Kearsney College

**ENTRY FEE** : R40 Runners and Walkers  
(includes T-shirt to first 800 Runners and 100 Walkers)  
Age group 60+ free

**ROUTE** : This challenging but scenic half marathon will take you through the Kearsney College Campus, along the Old Main Road on the Comrade's route and then up to Alverstone Tower and back to Kearsney through the Assagay Valley.  
This is the reverse route of 2008.

**AGE RESTRICTION:** 16 years and over for 21.1km run  
15 years and over for 16km walk

**TEMPORARY LICENSES:** R20

**PRIZEGIVING:** 9:30 am

**QUERIES:** Race Convenor - Gavin Bester 082 552 6125  
Race Secretary - Cheryl Searle 082 900 9437