

Date: Saturday: 2nd April 2016

*Venue: Cape Peninsula
University of Technology
(Bellville South Campus) – Old PenTech*



TELKOM ATHLETICS CLUB Challenge

10km Road Race

10Km League walk and 5Km fun run / walk

Glass medals to the first 1300 finishers in the 10Km Road race and to the first 100 finishers in the walk. Medals to the first 100 finishers in the 5Km fun run/walk

Start time : 10Km Challenge – 07:00 AM, 10Km Walk – 07:10, 5Km fun Run/Walk – 07:50

Cut-off: Cut off time for ALL events – 09:00 AM

10Km Challenge : R40.00 Licensed Athletes – R65:00 Unlicensed Athletes

: Juniors R25:00 Licensed Athletes – R 35:00 – Unlicensed Athletes

Fun Run/Walk R20.00 Adults - R15.00 Juniors

Race enquiries: Lionel – 081 318 9310 / Derrick - 0814066366

This race is run in accordance with ASA and WPA rules – Social walkers are welcome



WESTERN PROVINCE ATHLETICS

Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoo.co.uk



*Telkom
Athletics Club*

Prizes - 10km Challenge

OPEN MEN	1st	2nd	3rd	4th
OPEN WOMEN	1st	2nd	3rd	4th
OPEN	R750	R500	R400	
40-49	R450	R350	R250	
50-59	R250	R200	R150	
60-69	R200	R175	R150	
14-19	R400	R300	R200	R100

INCENTIVE AWARD

First male to run a sub 29min race

R1000

First female to run a sub 33min race

R1000

Spot prizes to be won!!

Open Team prize

MEN	4 x R150
WOMEN	4 x R150

Walkers Prize Money

MEN & WOMEN	1st	2nd	3rd
	R350	R250	R200

Rules of the race:

- Licensed athletes must run with 2016 licences on back and front of the club vest.
- Entrants in the 10km event must be 14 years or older on the day of the race to enter.
- In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and the back of the club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age. Temporary numbers should be worn on the chest.
- Juniors born in 1997 or later wearing a junior or senior license must display their category tags to qualify for age group prizes. Juniors will count towards Open team prizes.
- Club colours must be worn to qualify for team prizes.
- No personal seconding will be allowed en route except at official refreshments stations.
- Entry cards must be in the athlete's possession during the race.
- All race officials and traffic authorities must be obeyed. Please do not litter.
- Walkers must wear "walker" tags.

Race information:

- Registration at Cape Peninsula University of Technology grounds is from 05:30 to 06:50.
- All entrants must follow the instructions of the Race Marshals.
- Social walkers are welcome.
- The route is flat and fast.
- Tog bag facilities are available at own risk.
- Prize-giving will be held at 09:00.

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-Temporary license holders when registering must complete and hand in the tear off strip from the number in order to be covered by the ASA accident insurance.

-- For safety reasons, the use of music players is strongly discouraged. Any person using such device in contravention of the IAAF rule 133.3b or ASA 20.4.6 shall not be eligible for individual or team prizes and may be disqualified if they fail to obey a reasonable instruction from a race official (IAAF rule 144.3b)

Disclaimer:

All runners undertake to participate at their own risk. Organizers and helpers, as well as WPA cannot be held liable for any illness or injury during or as result of the race. Organizers are not liable for the loss or theft of any goods in your car.



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