

# BAKGAT 10KM

**Presented by**  
**Bellville Athletic Club**  
([www.bellvilleac.blogspot.com](http://www.bellvilleac.blogspot.com))

**In memory of Phil Pansegrouw**



Wednesday, 3 October 2018, 18h15 at



c/o Oos & Belrail streets, Bellville (Behind Sanlam Head Office)

Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the Finish. Report offenders to the referees.



**Coca-Cola** Peninsula  
Beverages



Race organised in accordance with rules and regulations of ASA and WPA.  
The organizers, sponsors and WPA accept no responsibility for injury or accident resulting from participation in the race.



**Race flyers and results**  
[www.wpa.org.za](http://www.wpa.org.za)  
[wpa-subscribe@yahoogroups.com](mailto:wpa-subscribe@yahoogroups.com)

**WESTERN PROVINCE ATHLETICS**

## RACE RULES & INFORMATION:

- Entries from 17h00 on race day.
- Cut off time is 1 hour 45 minutes. (Slower runners are advised to use headlamps)
- 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 back of their club vest and be visible for the entire race. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Temporary licensed athletes:
  - are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
  - must run in plain coloured clothing without advertising with the temporary license number on the front of the vest.
  - when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Juniors (born from 1999 onwards) wearing a junior or senior license must display age category tags "J" to qualify for age category prizes. Juniors will count towards Open team prizes.
- No personal seconding will be permitted except at official refreshment stations.
- Participants must be 14 years of age or older on race day.
- Club colours must be worn to qualify for team prizes.
- All registered athletes must wear two licence numbers valid for 2018 on the front and back of the vest. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.

- Entry cards must be in the athlete's possession during the race and handed in at the results board at the Finish.
- Tog bag facilities will be available at own risk.
- No race numbers will be issued.
- The use of music players with headphones is not allowed and may result in disqualification.
- Prize giving & Lucky draw at 20h15
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

## ENQUIRIES:

Mike Strohmman: cell 082 491 2854  
email: [tparty@telkomsa.net](mailto:tparty@telkomsa.net)  
Pieter Carstens: cell 084 404 4933  
email: [pcarstens99@gmail.com](mailto:pcarstens99@gmail.com)

## MEDALS: (to the first 1 000 finishers)

Gold: First 10 Men & 10 Women  
Silver: Next 100 athletes  
Bronze: up to 1 200

## ENTRIES:

Licensed Athletes R 50 (Juniors R 30)  
Unlicensed Athletes R 85 (Juniors R 50)

## ROUTE:

Flat route, run through De la Haye neighbourhood in Bellville.

## REFRESHMENTS:

Food stalls, snacks and bar facilities will be provided next to the registration area. Please do not bring own alcohol onto the premises.

## PRIZES: Men & Women

age	1st	2nd	3rd
14-19	R 250	R 150	R 100
Open	R 600	R 400	R 200
40-49	R 400	R 200	R 100
50-59	R 300	R 200	R 100
60-69	R 250	R 150	R 100
70+	R 200	R 150	R 100
Open team	4 X R 150		

Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.