# MET/OK

METROPOLITAN IOKM RACE WEDNESDAY 6 DECEMBER 2017 / 18:30



Medals for the first 2 000 finishers.

Free 2018 Race Planner for the first 2 000 entries. You can collect when you register or after you finish. Tog Bag Facility available at your own risk.

#### Race Entries

Enter at Parc du Cap on race day only - from 17:00 to 18:15 (no pre-entries). Participants must be 14 years or older on the day.

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Licenced Athletes	R40	Unlicenced Athletes	R70
Licenced Juniors	R20	Unlicenced Juniors	R30
Licenced Age 70+	Free	Unlicenced Age 70+	Free

# Free 2018 race planner

#### Start & Finish

The race starts and finishes at the Metropolitan Parc du Cap Complex, Mispel Road, Bellville. Race start time: 18:30; Cut-off time is 20:00 (90 minutes). Prize-giving is planned to start at 20:15.

4th

R300

R200

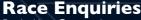
5th

R200

R100

#### **Prize Money - Men & Women**

Category	Ist	2nd	3rd
Open	R10 000	RI 000	R500
Junior 14-19	RI 000	R500	R300
40-49	R300	R200	R100
50-59	R300	R200	R100
60-69	R300	R200	R100
70+	R300	R200	RI00



Email: athletics@metropolitan.co.za Phone John Eksteen on 021 940 5254 (office hours) or on 073 619 6568 (after hours). Metropolitan, a division of MMI Group Limited is a financial services provider. METROPOLITAN
Together we can

#### **Parking**

There will be parking available on the premises – at the Parkade. Parking will be at your own risk. Note that we will provide security on the day.



www.wpa.org.za wpa-subscribe@yahoogroups.com

# **Lucky Draw Prizes**

Dell Inspiron 11 3000 laptop Philips 21.5" White Screen from Graylink Hamper from Feedem Voucher from Shoelink

## Charity

R5 from each entry will be contributed towards stationery for needy schools.

#### Metropolitan 10km Road Race Rules

- 1. The race is run according to the rules of IAAF, ASA and WPA.
- 2. Licenced athletes must run in Club colours with their 2017 licence number on the front and back of the vest. Unlicenced runners must run with a temporary licence on their front. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- 3. Runners must obey traffic officers, race officials and race marshals at all times.
- 4. Participants must be 14 years or older on the day.
- 5. Juniors born from 1998 onwards, wearing a senior, junior or temp licence, must display "J" category tags to qualify for age group prizes.
- 6. In addition to overall (open) prizes, participants will only be eligible for the age category they enter: Corresponding numerical age category tags must be worn on the front and back of their club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- 7. Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags, and provide proof of age.
- 8. The time limit is 90 minutes.
- 9. No personal seconding will be permitted, except at official refreshment stations.
- 10. Entry cards must be carried for the duration of the race and handed in at the results board at the finish. Failure to do so will result in exclusion from the race results.
- 11. The use of music players with headphones is not allowed and may result in disqualification.
- 12. 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.
- 13. Unfortunately no wheelchairs will be allowed on the route.
- 14. Detailed rules are available at www.wpa.org.za or on request from the organisers or the WPA office.

#### **Indemnity**

Runners understand that they participate in this event entirely at their own risk and indemnify MMI, the organisers, WPA and anyone assisting in the organisation of this event, against any claim whatsoever which may result from their participation.

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