

MET10K

METROPOLITAN 10KM RACE

WEDNESDAY 6 DECEMBER 2017 / 18:30

► **R10 000 for the first man and the first woman to cross the finish line**

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.

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.

► **Prize Money - Men & Women**

Category	1st	2nd	3rd	4th	5th
Open	R10 000	R1 000	R500	R300	R200
Junior 14-19	R1 000	R500	R300	R200	R100
40-49	R300	R200	R100		
50-59	R300	R200	R100		
60-69	R300	R200	R100		
70+	R300	R200	R100		



► **Race Enquiries**

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



WESTERN PROVINCE ATHLETICS

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

▶ 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.

▶ 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. Unlicensed 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.

▶ Many Thanks To Our Sponsors!



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