



# OMMIEDRAAI

ATHLETES • RUNNERS • FRIENDS



CITY OF CAPE TOWN  
ISIXEKO SASEKAPA  
STAD KAAPSTAD

Making progress possible. Together.



## 10KM RACE WPA WINTER LEAGUE

**07h00 SUNDAY,  
9 SEPTEMBER 2018**

**R5 000 in  
unit trusts  
for Male and  
Female winners**

**Parking at  
Kenilworth  
Centre  
(KC)**

**10km RACE  
10km WALK  
5km FUN RUN**

**ROSMEAD SPORTS GROUNDS,  
LOCH ROAD, KENILWORTH**

### HOW TO ENTER

- Online entries: [www.webtickets.co.za](http://www.webtickets.co.za)  
Entries open 1 August 2018 and  
close at midnight 2 September 2018
- Manual entries: Kenilworth Centre  
Friday 7 September 2018 15h00 – 20h00  
Saturday 8 September 2018 10h00 – 17h00  
Race Day – 05h30am till the start of the race
- Bulk Entries: [ommiedraai@gmail.com](mailto:ommiedraai@gmail.com)

### RACE TIMES

- 10km Run – 07h00
- 10km Walk – 07h10
- 5km Fun Run – 07h15

### ENTRY COSTS

- Licensed Athletes R50  
Unlicensed Athletes R85
- Juniors – Licensed Athletes R30  
Juniors – Unlicensed Athletes R50
- Licensed 70yr+ FREE – On race day only  
Unlicensed 70yr+ R30 – On race day only
- Fun Run R25

## INFORMATION

Race queries to be directed to  
Wasfi Adams on 076 371 4089,  
Waleed Samsodien on 084 603 3155 or  
Kaashiefa Anthony on 082 924 5339.  
Alternatively email race queries to  
ommiedraai@gmail.com.

## PRIZE MONEY

### 10KM RUN & LEAGUE WALK

Equal prize money for Male and Female Athletes.

Category	1st	2nd	3rd
Junior	R400	R300	R200
Open	R1 000	R750	R500
40-49	R500	R350	R300
50-59	R500	R350	R300
60-69	R500	R350	R300
70+	R500	R350	R300
10km League Walk	R300	R200	R100
Teams (Open)	4 x R200	4th & 5th for juniors only – R150 each	

## KING & QUEEN OF THE HILL

R500 awarded to the **first male and female** to  
summit the famous race hill (approx. summit  
distance – 5.5km) and finish in the top 5.

## ENTRY RULES

1. The race is run according to the rules of ASA and WPA.
2. Participants in the 10km must be 14 years of age or older and participants in the 5km must be 8 years of age or older on race day unless accompanied by an adult.
3. Race numbers (bibs) will not be issued. All registered athletes must wear two valid license numbers. Unregistered participants must purchase a Temporary License which must be worn on the front of the vest.
4. Temporary license holders when registering **MUST** complete and hand in the tear off strip from the number to be eligible to compete.
5. Licensed athletes should wear club colours. Temporary licensed athletes must run in clothing without advertising.
6. To qualify for team prizes, athletes must wear full club colours and participate with a permanent license.
7. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
8. Entry cards, when issued, must be in the athlete's possession during the race and handed in at the results board at the Finish.
9. Cut off for all races is at 08h45. Prize-giving is at 09h15.
10. 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. #RunClean
11. The use of music players with headphones is not allowed and will result in disqualification.
12. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
13. Wheelchair athletes must please contact the organisers timely to discuss arrangements for their participation.
14. A tog bag area will be available at own risk.
15. Juniors (born in 1999) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes. Juniors will count towards Open team prize.
16. No personal seconding will be permitted except at official refreshment stations.
17. Liability: The organizers and sponsors accept no responsibility for injury or accident resulting from participation in the race.
18. The use of music players with headphones is not allowed and may result in disqualification.



WESTERN PROVINCE ATHLETICS  
Race flyers and results  
[www.wpa.org.za](http://www.wpa.org.za)  
[wpa-subscribers@yohogroup.com](mailto:wpa-subscribers@yohogroup.com)



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