

THE 26TH OLD MUTUAL ROAD RACE

10KM ROAD RACE & 5.6KM FUN WALK



DATE

Saturday 24 February 2018

START

06:30

VENUE

**Old Mutual Sports Grounds
Jan Smuts Drive, Pinelands**



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



**Peninsula
Beverages**



OLDMUTUAL

RULES

1. The race is open to all, but registered athletes should run in club colours and must display their 2018 licence numbers on the front and back. No race numbers will be issued.
2. The race is run according to the rules of the IAAF, ASA and WPA
3. The use of music players with headphones is not allowed and may result in disqualification.
4. Temporary licenced participants are eligible for age category prizes provided they enter for the relevant age group, wear the appropriate age tags and provide proof of age. Temporary licenced athletes must run in plain coloured clothing without advertising, with the temporary licence number on the front.
5. Temporary licences will be available at registration. When registering, participants must complete and hand in the tear off strip from the number in order to be eligible to compete.
6. No personal seconding will be permitted, except at official refreshment stations.
7. Juniors (born 1999 or later) wearing a Junior or Senior Licence must display age tags "J" to qualify for age group prizes. Juniors will count towards open team prizes.
8. Club colours must be worn to qualify for team prizes.
9. Participants must be 14 years or older on the day.
10. Traffic officers, officials and race marshals must be obeyed at all times.
11. Time limit: 105 minutes.
12. Athletes 60 and over run for free.
13. Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish.
14. In addition to overall (open) prizes, participants will only be eligible for a category prize in the category they enter. Corresponding numerical age categories must be worn on the front and back of

the vest. Participants may enter for the age category corresponding to their chronological age or any younger category down to Senior.

15. 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.
16. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
17. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

INFORMATION

The start and finish will be at the Old Mutual Sports Grounds in Pinelands.

1. Nearest railway station – Mutual Station.
2. **Entries will be accepted from 05:00 on the day of the race.**
3. Water available along the route and Coca-Cola available at the finish.
4. Tog bag facilities available at own risk, as well as shower facilities.
5. Prize-giving at 09:00.
6. Medals to the first 2 500 finishers.
7. Social walkers are welcome to participate.
8. Thank you to Coca-Cola for their sponsorship.
9. Fun Walk will start at 06:45. Participants must be nine years or older. Medals to the first 1 000 finishers.

COURSE RECORDS

Men: Thembalani Zola (Mr Price WP) 29:15
Ladies: Bulelwa Mtshagi (Celtic) 33:52

ENQUIRIES

Russel Peters 072 320 5342
 Robbie Visser 082 555 8157
 Merton Snyders 084 506 6636

For information, visit www.oldmutual.co.za/running

ENTRY FEES

Licence Senior Athlete R50 <input type="checkbox"/>	Unlicenced Athletes R85 <input type="checkbox"/>	Fun Run R35 <input type="checkbox"/>
Licenced Juniors R30 <input type="checkbox"/>	Unlicenced Juniors R20 <input type="checkbox"/>	

CASH PRIZES (10km Men and Women)

Age	14 – 19	Open	40 – 49	50 – 59	60 – 69	70+
1st	R500	R800	R400	R400	R400	R300
2nd	R400	R600	R300	R300	R300	R200
3rd	R300	R400	R200	R200	R200	R100
4th	R200	R300				

TEAM PRIZES (OPEN)

Men's Team R150 x 4	Women's Team R150 x 4
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