



**SAT, 24th NOVEMBER
2018**

TITANS JP21 LEAGUE ROAD RACE



**21 KM
06H00
CUT OFF
3 1/2 HOURS**

**10 KM
06H15
CUT OFF
2 HOURS**

**FUN RUN
07H30
CUT OFF
1 HOUR**

ENTRY FEES

	Licensed	Unlicensed
21.1KM	R90	R145
10 KM	R50	R85
10 KM Juniors	R30	R50
FUN RUN	R20	R20

Online Entries will attract a service charge

ON THE DAY ENTRIES:

Entries as well as Race card & number collection will take place on Friday 18h00 -20h00 & Race Day from 04h30 at Glendale High, Rocklands Mitchells Plain, in the School Hall.

Online Entries TOPEVENTS

ONLINE QUERIES

TOP EVENTS 021 511 7130
(ENTRIES CLOSE MIDNIGHT
18TH NOVEMBER 2018)

PRE-ENTRY:

<http://www.topevents.co.za/>





Prize Monies (PRIZE GIVING STARTS AT 09H30)			
21.1KM RUN			
Open Men and Women	R800	R650	R550
Men and Women (40-49 years)	R600	R500	R400
Men and Women (50-59 years)	R500	R400	R300
Men and Women (60-69 years)	R400	R350	R250
Men and Women 70+	R400	R350	R250
10KM RUN	1st	2nd	3rd
Open Men and Women	R600	R400	R300
Men and Women (40-49 years)	R400	R300	R200
Men and Women (50-59 years)	R300	R200	R150
Men and Women (60-69 years)	R250	R150	R100
Junior Boys and Girls (14-19 years)	R450	R350	R250
Men & Women 70+	R200	R150	R100

Race Rules

- The race is run according to the rules of the ASA and WPA.
- All registered athletes must wear two valid license numbers front and back.
- Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest.
- The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible.
- Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
- Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear age tags and provide proof of age.
- Temporary license holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Runners must obey traffic officers, race officials and race Marshalls at all times.
- The organizers, sponsors & WPA accept no responsibility for injury or accident resulting from participation in the race
- Participants must be 16 years for 21.1km and 14 years for 10km.
- Juniors (born in 1999 or later) must display "J" category tags to qualify for age category prizes.
- Entry cards must be in the athlete's possession at all times during the race and handed in at the results board at the Finish.
- Age category tags must be worn (e.g. 40,50,60 etc..) front and back if runners wish to be eligible for age category prizes.
- Refreshment tables will be provided at regular intervals in accordance with the rules of ASA and WPA.
- Cut Off Times : 21.1km - 3 1/2 Hours / 10km Run—2 Hours
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- The use of music players with headphones is not allowed and may result in disqualifications.
- 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
- No personal seconding will be permitted except at official's refreshment stations.
- In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

GENERAL INFORMATION

- **MEDAL TO ALL FINISHERS**
- **AWESOME SPOT PRIZES**
- **REFRESHMENTS ON SALE**
- **SECURE PARKING & TOG BAG AREA**
- **LIVE ENTERTAINMENT**

RACE INFO:

SHANE 071 870 9148
 SHANEMURRAY550@GMAIL.COM
JAMAINE 072 606 5014
 JAMAINE.CLOETE@GMAIL.COM

People'sPost



CITY OF CAPE TOWN
 ISIXEKO SASEKAPA
 STAD KAAPSTAD

Making progress possible. Together.



WESTERN PROVINCE ATHLETICS

GARBIE



TOTALSPORTS