



PRESENTS

10km Road Race 10km Walk & Fun Run

Coca Cola League Race



Saturday, 09 February 2019

Turfhall Park Sports Facility

(off Jan Smuts Avenue, Athlone)



10km Road Race @ 06h30,



10km Walk @ 06h40,

Fun Run @ 07h00



Entry Fee:

Licensed Athletes: R70 (Juniors: R50)

Unlicensed Athletes: R110 (Juniors: R75)

Fun Run +/-5km: R25

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RULES AND INFORMATION

- Race to be run in accordance with the rules of ASA and WPA.
- It is compulsory for entrants to register. Pre-entries will be available at the venue from 15h00-19h00 on 08 February 2019. Race day entries will be accepted from 05h00 until 5 minutes prior to race start. Entry cards must be in the participant's possession during the race and will be collected at the finish. No race numbers to be issued. No online entries. Over 70's free entry. Temporary licences are R40.
- All races are disabled-friendly. Please call the organiser should you require assistance.
- 10km Road Race. In addition to the Open prizes, athletes will only be eligible for prize money in the age category in which they enter. Corresponding numerical age tags must be worn on the front and back of their vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior. Juniors born 2000 or later wearing a junior or senior licence number must display age tags (*) to qualify for age group prizes. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age. All 10km participants must be 14 years or older. Licensed athletes should wear club colours. Full club colours must be worn to qualify for team prizes. 2019 licences must be displayed on the front and back of running vest. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize including Juniors.
- Temporary licensed athletes must run in clothing without advertising and must purchase a temporary license number which must be worn on the front of their vest.
- Walkers must wear a "WALKER" tag on the back and front of their vests to qualify for league points and prizes. 10km Walk is a League Walk.
- Cut-off time 1h45min. Prize-giving at approximately 08h15. Proof of age may be required for winners. There will be a lucky draw at about 08h35.
- Medals to the first 3000 finishers in the 10km Road Race and 10km Walk. Social walkers welcome.
- 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. Temporary licences are available at R40 for the 10km Senior and R25 for 10km Junior event.
- No personal seconding will be permitted, except at official refreshment stations.
- The use of music players with headphones is not allowed and may result in disqualification. Obey the Traffic Officers and marshals at all times.
- Water will be available on the route and Coca Cola at the finish.
- Please do not litter. #RunClean. Dispose of sachets responsibly by using the boxes provided or carry to the end.
- Fun Run distance is approximately 5km and the entry fee is R25. Fun Run participants younger than 9 years must be accompanied by an adult. Medals to all finishers. Cut-off time 1h15min.
- Vehicles parked at own risk. Please arrive early, obey marshals, and do not park illegally or in residents' driveways.
- Tog Bag facilities will be available at Registration at own risk. Do not leave valuables in tog bags.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- INDEMNITY:** All runners undertake to participate at their own risk. Organisers, WP Athletics, Helpers and Sponsors cannot be held liable for any illness or injury during or as a result of the race and are not liable for the loss or theft of any goods.

10km Road Race - Male & Female			
CATEGORY	1st	2nd	3rd
OPEN	R 1 100	R 900	R 800
14-19	R 600	R 500	R 400
40-49	R 500	R 400	R 300
50-59	R 500	R 400	R 300
60-69	R 500	R 400	R 300
70+	R 500	R 400	R 300
Open Teams R400 x 4			

10km League Walk - Male & Female		
1st	2nd	3rd
R 350	R 250	R 150

Enquiries: Race Organiser
Alistair Kannemeyer 083 403 3145