



10K RUN 07:15AM

Freedom Day, **Wednesday 27 April 2022**

Langa Sports Stadium, **Bitterhout Street, Langa** | 6K RUN - 07:35AM

ENTRY FEES

10km <i>Licensed Senior</i>	R80	10km <i>Licensed Junior</i>	R50
10km <i>Unlicensed Senior</i>	R120	10km <i>Unlicensed Junior</i>	R75
6km <i>Fun Run Senior</i>	R30	6km <i>Fun Run Junior</i>	R20

Online entry: www.entryninja.co.za (closing Tuesday, 26th April at midnight)
 (Automatic entry into our exciting lucky draw when entering via Entry Ninja!)

Manual entry: Tuesday, 26th April 2022 (2pm to 6pm)

On Race Day: (5am to 7am)

Cash, Card & SnapScan facilities available.





PRIZES MEN AND WOMEN

	Open	Junior	40-49	50-59	60-69	70+	Team
1st	R1600	R800	R400	R400	R400	R400	4x R150
2nd	R1100	R600	R300	R300	R300	R300	
3rd	R700	R600	R200	R200	R200	R200	

10km Race rules in accordance with the rules of ASA & WPA

- The race is run according to the rules of ASA and WPA.
- Pre-entries will be available at the Langa Stadium on Tuesday 26th April 2022 from 14:00 to 18:00 as well as on race day from 05:00 to 07:00. Social distancing will be observed while the entries are taken. Number of runners limited to 1800 participants. Entries on the day will be determined by number of pre-entries already made.
- Race numbers (bibs) will not be issued. All registered athletes must wear two valid licence numbers. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Licensed athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- In 2022 Juniors are defined as anyone born in 2003 or later. (Under the age of 20 at year end). Participants must be 14 years of age or older on race day.
- Entry cards must be in the athlete's possession during the race and handed in at the results board at the Finish.
- 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.
- No personal seconding will be permitted except at official refreshment stations. There will be two waters stations with water sachets and Coca-Cola/water at the finish.
- The time limit to complete the 10km race is 1 hour 45 minutes and 6km is 1 hour 15 minutes.
- It is compulsory for entrants to register. Prize-giving will be done virtually at 09:00 on the Retail Capital Langa Running Club Facebook page. All the race prize winners must submit their banking details and all monies will be paid electronically. The lucky draw winners will be contacted for delivery of their prizes. Medals will be issued for the 10km Road Race finishers only.
- In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in 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.
- 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.
- The use of music players with headphones is not allowed and may result in disqualification. Runners to obey traffic officers, race marshals, race officials and the COVID 19 officers at all times.
- No tog bag facility will be available due to the COVID 19 protocols.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.
- DISCLAIMER:** Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.