

# PINELANDS 10 km ROAD RACE & 5 km FUN RUN/WALK

## SUNDAY 31 JULY 2022

CO-HOSTED BY:

**PAINTLAB**  
AFFORDABLE QUALITY DELIVERED

EXECUSPECS

OPTOMETRY FOR THE UNORDINARY

**10km run: 07h30 • 5km start: 07h45**

**Entry fees: Licenced R80. Unlicenced R120.  
Juniors R50. Unlicenced R75. Fun Run R40**

**NO CASH  
ACCEPTED**

Entries are open until Wednesday 27 JULY 2022 at  
***[www.pinelandsathleticclub.co.za](http://www.pinelandsathleticclub.co.za)***

**PLEASE NOTE: NO CASH WILL BE TAKEN FOR ON-THE-DAY ENTRIES.  
ONLY SNAPSCAN AND A LIMITED CARD PAYMENT FACILITY WILL BE AVAILABLE.**

- On-the-day entries will be taken between 6am and 7.15am on Sunday 31 July 2022. No cash will be taken. Only Snapscan and a limited card facility will be available.
- Online entries open until Wednesday 27 July 2022 at [www.pinelandsathleticclub.co.za](http://www.pinelandsathleticclub.co.za) until 12am.
- Medals to the first 1 500 - 10km finishers and medals to the first 500 - 5km finishers.
- This is a bring-your-own water event. Contenders (front runners) will be offered cups at the refill point at halfway on the 10km route.
- Lots of lucky draw prizes.
- Entry collection and late registration can be done at the Pinelands Clubhouse on Thursday 28 July 2022 & Friday 29 July 2022 from 4pm - 7pm. Saturday 30 July 2022 from 4pm - 6pm & Sunday 31 July 2022 between 6am and 7.15am.
- The race is run according to the rules of WA, ASA and WPA.

**Lower Oval (Off Forest Drive) GPS coordinates 33° 56' 25.131" S 18° 29' 59.693" E**

**Contact:**  
**Chris 083 326 8023**  
**Kaare 072 444 8082**



PRIZE MONEY – 10 KM			
Men & Women	1st	2nd	3rd
14-19	R500	R300	R200
Open	R1 200	R800	R500
40-49	R500	R300	R200
50-59	R500	R300	R200
60-69	R500	R300	R200
70+	R500	R300	R200
Open Teams (Men and Women) (4 x R300)	R1 200		

## RACE INFORMATION

- Enquiries:** Chris Schnehage 083 326 8023 or Kaare James 072 444 8082
- On-the-day entries will be taken between 6am and 7.15am on Sunday 31 July 2022. No cash will be taken. Only Snapscan and a limited card facility will be available.
- Race starts and finishes at **PINELANDS ATHLETIC CLUB**, Lower Oval, Pinelands.
- Tog bag security will be provided at runners own risk.
- Entry fee for licenced runners is **R80.00** and **R50.00** for juniors for 10km. **R40.00** for 5km Fun Run.
- Online entries are open until Wednesday 27 July 2022 at [www.pinelandsathleticclub.co.za](http://www.pinelandsathleticclub.co.za).
- Fun Run:** Participants younger than 10 years must be accompanied by an adult.
- Social Walkers are welcome to enter the 10km run. Walkers to start at the back and to keep to the side of the road.
- Results will be available on [www.wpa.org.za](http://www.wpa.org.za).

## RACE RULES: 10km Run/Walk

- The race is run according to the rules of ASA & WPA.
- Runners must obey traffic officers, race marshals and race officials at all times.
- Participants must be 14 years of age or older on race day.
- No personal seconding permitted except at official refreshment stations.
- The time limit is **120 minutes**. Cut off 09h30.
- Licensed runners should run in club colours and a licence valid for 2022 must be worn on the front and back of the vest or purchase a temporary licence to be worn on the front of the vest. 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 licensed runners to wear plain clothing, no advertising.
- Age category tags must be worn (front & back) and be visible for the entire race to be eligible for any age category prizes including Juniors.
- No race numbers will be issued.
- The use of music players with headphones is not allowed and may result in disqualification.
- Entry cards must be carried throughout the race and handed in at the finish.
- Do not litter. Dispose of cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean
- Coke will be available at the finish.
- Entrants participate at their own risk.
- Prize giving will be soon after 09h15.
- Participants take part at their own risk and the organisers, sponsors and WPA will not be held responsible for any accident or injury resulting from the athlete's participation.
- Detailed rules are available on [www.wpa.org.za](http://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.
- Eats and refreshments will be on sale.
- R5.00 of every entry fee will be donated to the Kensington Home for the Aged.

## PRIZES

- 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 vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- 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.
- Juniors born 2003 or later, must display age tags "J" to qualify for age group prizes. Juniors will count towards Open team prizes.
- Licences valid for 2022 must be worn front and back of vest and Club colours must be worn to qualify for team prizes.



**WESTERN PROVINCE ATHLETICS**

**Race flyers and results**

[www.wpa.org.za](http://www.wpa.org.za)

[wpa-subscribe@yahoo.com](mailto:wpa-subscribe@yahoo.com)

