



Art & Office

#TheTeachersChoice

Artes

Edgemeanad

10km

SATURDAY,
17 NOVEMBER '18

Venue: Edgemeanad High School Letchworth Drive

10km Run 10km League Walk

Licensed Athletes

Entry fee

R50

Seniors

R30

Juniors

FREE

70+

Unlicensed Athletes

Entry fee

R85

Seniors

R50

Juniors

R35

70+

5km Fun Run **R30**

Entry fee

Start time **07h15** cut off time **08h45**

Entrants participate at their own risk and the sponsors and organisers will not accept liability for injuries, illness or accidents during or as a result of the race.

Pre-Enter Online at www.webtickets.co.za

Race day entries will be taken on 17 November at Edgemeanad High School from 05h30 until 06h15
Pre-entries close at 12:pm on 14 November 2018

Tog bag facilities will be provided

Free goodie bag to all finishers

The first runner to break 30 minutes will secure a **R5 000.00** bonus courtesy of Mercedes-Benz Vans, Montague Gardens.

#vansborntorun



Mercedes-Benz

Vans. Born to run.

Montague Gardens

10km Run Prize Money

If you run, you are a runner. It doesn't matter how fast or how far

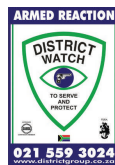
	JUNIOR	OPEN	40-49	50-59	60-69	70+	Open Walk
1st	R700	R1000	R400	R400	R400	R300	R300
2nd	R500	R700	R300	R300	R300	R200	R200
3rd	R300	R500	R200	R200	R200	R100	R100

RACE RULES



WESTERN PROVINCE ATHLETICS

- The race is run according to the rules of IAAF, ASA and WPA.
- Minimum age for competitors:
10km run & walk: 14 years or older on race day,
5km fun run/walk: toddlers and children under the age of 10 year old must be accompanied by an adult.
- Licensed runners should wear both 2018 license numbers (front & back), and must wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
- Runners who purchase a temporary license must wear it on the front of their vest or t-shirt.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete and be eligible for category prizes.
- Age category tags (eg. J, 40, 50, 60 etc.) must be worn (front and back) and visible for the entire race to be eligible for any age category prize. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear appropriate age tags and provided proof of age.
- Cut-off times:
 - 10km Run: 08:30 (2 hours)
 - 10km Walk: 08:45 (2 hours)
 - 5km Fun run: 08:45 (1 hour and 30min)
- Walking Rules (10km Walk):
 - No running allowed
 - Walkers will be judged according to the IAAF, ASA and WPA race walking rules
 - Walking judges will be present
- Entry Cards must be in the athletes possession during the race and must be handed in at the results board to ensure time is recorded and eligibility for category prizes.
- Only entrants at prize giving will be eligible to win lucky draw prizes.
- Prize giving will start at 08h30
- 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 tags must be worn on the front and back of the club vests. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Juniors (born 1999 or later) must display age "J" tags front and back to qualify for age group prizes.
- The participant indemnifies the club, its members, sponsors, organizers and WPA of any injury, damage, loss or illness which may occur during the event.
- Runners must obey Traffic Officers, Race Officials and Race Marshals at all times.
- No personal seconding will be permitted, except at official refreshment stations.
- Refreshment stations will be provided at regular intervals in accordance with the rules of ASA and WPA.
- No race number will be issued.
- Results will be sent to clubs and be available on www.wpa.org.za
- 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.
- 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.



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