

04 SEPTEMBER 2022



KHAYELITSHA athletic club



LIMITED ENTRIES AVAILABLE ON THE DAY

5KM

10KM

21KM

STARTING TIMES: **8:15 AM** | **7:30 AM** | **7:00 AM**
(FUN RUN)

MANDELA PARK STADIUM

ENTRY	LICENSED	UNLICENSED
21 KM	R120.00	R180.00
10 KM	R80.00	R120.00
10KM JUNIOR	R50.00	R75.00
5KM FUN RUN	R50.00	



MEDALS TO ALL FINISHERS. FANTASTIC LUCKY DRAW PRIZES UP FOR GRABS.

ONLINE ENTRIES: WWW.ENTRYNINJA.COM / KHAYELITSHA AC / NAMHLA: 073 594 1607

SECURED PARKING AT THE VENUE

RACE RULES

1. The race is run according to the rules of World Athletics, ASA and WPA.
2. Participants must be 14 years of age or older on race day for the 10km race and 16 years or older for the 21 km race.
3. 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.
4. Temporary licensed runners must wear the race number on the front of their vest and the temporary licence on the back. Temporary licence holders when registering must complete and hand in the tear-off strip from the number in order to be eligible to compete.
5. Licensed athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licensed athletes must run in clothing without advertising.
6. 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.
7. In 2022, Juniors are defined as anyone born in 2003 or later(under the age of 20 at year-end)
8. Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish. Race times will not be issued if entry cards are not handed in.
9. 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.
10. The use of music players with headphones is not allowed and may result in disqualification.
11. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
12. Wheelchair athletes must please contact the organisers prior to the race to discuss arrangements for their participation.
13. Tog bag facilities are available at own risk.
14. To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.
15. **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 participation in the event.
16. In addition to Overall 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.
17. 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.
18. Juniors (born in 2003 or later) wearing a Senior or Junior licence must display category tags; to qualify for age group prizes. Juniors will count towards Open team prizes.
19. No personal seconding will be permitted, except at official refreshment stations.
20. No runners will be allowed to start a race after the official starting times.

PRIZE MONEY

10KM	OPEN	JUNIOR	40-49	50-59	60-69	70+	21KM	OPEN	40-49	50-59	60-69	70+
1ST PLACE	800	400	600	400	400	300	1ST PLACE	1200	800	600	500	400
2ND PLACE	600	300	400	300	300	200	2ND PLACE	800	600	400	400	300
3RD PLACE	400	200	300	200	200	150	3RD PLACE	600	400	300	300	200

TEAM PRIZE 200 X 4