



DLKGROUP
A_CULTURE_OF_EXCELLENCE



DLKGROUP NANTES AC UNITY RACE

HERITAGE DAY
24 SEPTEMBER 2022
BRIDGETOWN

VANGATE SPORTS COMPLEX
From Jakes Gerwel Drive enter
Vangate Mall Via McDonalds

10KM ROAD RACE 07:00
10KM LEAGUE WALK 07:10
+ 5KM FUN RUN 07.15

Closing date for online entries is
WEDNESDAY, 21 SEPT 2022

ONLINE REGISTRATION CAN BE COLLECTED
ON THE MORNING OF THE RACE.

BOOK NOW



ONLINE ENTRIES
www.webtickets.co.za

MANUAL REGISTRATION
AVAILABLE ON THE MORNING OF THE RACE
FROM 05H15 UNTIL START OF RACE



FOR FURTHER INFORMATION PLEASE CONTACT:

Leon Hendricks | **082 411 3913**
Nadia Gamieldien | **082 747 8095**

PRIZEGIVING

**STARTS AT 9:00 AM
EQUAL PRIZE MONEY FOR MEN
AND WOMEN SPOT PRIZES WORTH
THOUSANDS!**

CATEGORY	1st	2nd	3rd
Junior	500	300	200
Open	1000	800	500
40-49	400	300	200
50-59	400	300	200
60-69	400	300	200
70+	400	300	200
Open Team 4 x R150	600		
10Km League Walk (Open)	300	200	100

ENTRY FEES:

Licensed Athletes	R80.00
Unlicensed Athletes	R120.00
Licensed Athletes - Juniors	R50.00
Unlicensed Athletes - Juniors	R75.00
Unlicensed 70+	R60.00
5 km Fun Run	R40.00
OVER 70	R30.00

LIABILITY:

- The organizers, WPA and sponsors accept no responsibility for injury or accident resulting from participation in the race.
- A tog bag facility will be available at own risk.
- For your own safety - be visible to traffic on the route.

- 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.
- 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.
- Juniors (born in 2003 and after) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes
- No personal seconding will be permitted except at official refreshment stations
- Time limit 2 hours.
- The Race is run according to the rules of ASA and WPA
- Participants must be 14years of age or older on race day
- 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. Temporary licenced athletes must run in clothing without advertising. For team prizes full club colours must be worn and the athletes must participate with a permanent licence.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- Entry Cards, must be in the athlete's possession during the race and handed in at the results board at the finish.
- 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.

FUN RUN: CHILDREN YOUNGER THAN 12 TO BE ACCOMPANIED BY AN ADULT



WESTERN PROVINCE ATHLETICS
Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoo.com



DLKGROUP
A CULTURE OF EXCELLENCE



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Making progress possible. Together.



**Peninsula
Beverages**



**RONDEBOSCH EAST
TOYOTA**



VANGATEMALL
a Tapestry of Choice