

# HERITAGE RUN

## WITH GOODWOOD HARRIERS

SUNDAY 25 SEPTEMBER 2022

5KM

06:40

10KM

06:30

ENTRY	LICENSED	UNLICENSED
5KM	R40	R40
10KM	R80	R120



WESTERN PROVINCE ATHLETICS

10km Championship Race

### ENTRY LINK:

<https://www.entryninja.com/events/78218-gwh-heritage-race>

### LOCATION:

N1 City Mall Upperdeck Parking

- **Medals To All Finishers**
- **Entries will be taken on race day from 05:30am**
- **Race card collection Saturday 24 September between 09:00 – 15:00**

### ENQUIRIES:

EMAIL: [events.goodwoodharriers@gmail.co.za](mailto:events.goodwoodharriers@gmail.co.za)

Online entries close 18 September 2022.



WESTERN PROVINCE ATHLETICS



CITY OF CAPE TOWN  
ISIXEKO SASEKAPA  
STAD KAAPSTAD

**N1**  
City Mall

The **10km run** starts at **6.30am!**  
The **Fun Run** starts at **6.40am!**

**ENTRY FEES:**

- Licensed Athletes:** R80
- Unlicensed Athletes:** R120
- Licensed Junior Athletes:** R50
- Unlicensed Junior Athletes:** R75
- 70+ Free entry**
- Fun Run 5k- R40**

*Goodie bags to the first 600 entries!*

**Prize giving Starts @ 08:30am!**  
**Great Spot Prizes!**

Category	1st	2nd	3rd
Open	R600	R400	R300
Junior	R400	R300	R200
40-49	R400	R300	R200
50-59	R400	R300	R200
60-69	R400	R300	R200
70+	R400	R300	R200

**DISCLAIMER:**

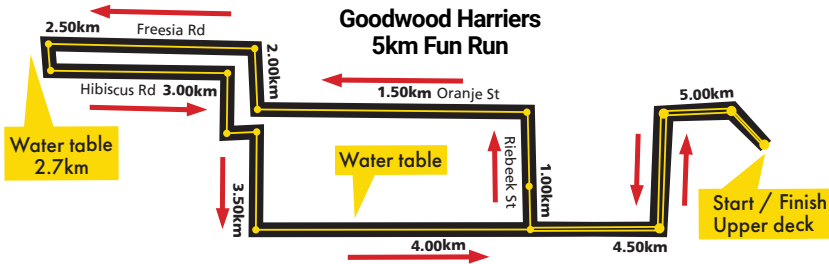
Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.

**RACE RULES:**

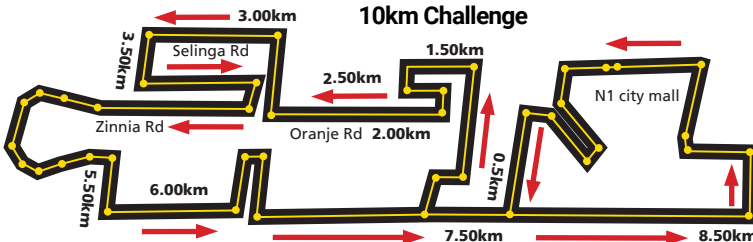
1. The race is run according to the rules of ASA and WPA.
2. In addition to Overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their vest.
3. Participants must be 14 years of age or older on race day.
4. Juniors (born in 2003 and after) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes.
5. Minimum age for 5km fun run – 9 years of age – must be accompanied by an adult.
6. No personal seconding will be permitted except at official refreshment stations.
7. Time limit 2 hours.

8. Licensed athletes should wear club colours. Temporary licensed athletes must run in clothing without advertising.
9. Race numbers (bibs) will not be issued. All registered athletes must wear two valid license numbers. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
10. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
11. Prize giving starts at 9:00am.
12. Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish.
13. Do not litter. Make use of litter boxes provided to dispose of sachets and cups responsibly or carry it to the finish. Please report offenders to the referees. **#RunClean.**
14. The use of music players with headphones is not allowed and may result in disqualification.
15. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
16. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

**Goodwood Harriers  
5km Fun Run**



**Goodwood Harriers  
10km Challenge**



**WESTERN PROVINCE ATHLETICS**  
Race flyers and results  
[www.wpa.org.za](http://www.wpa.org.za)  
wpa-subscribe@yahoo.com

**GOODWOOD HARRIERS**

