



OMMIEDRAAI

ATHLETES • RUNNERS • FRIENDS



SUNDAY 9 OCTOBER 2022

10KM RACE



• **10km RACE 06h30** • **5km FUN RUN 06h40**

Entries Limited to 2000.

ROSMEAD SPORTS GROUNDS, LOCH ROAD, KENILWORTH

HOW TO ENTER

- Online entries: www.webtickets.co.za
- Manual entries and online entry collection:
Kenilworth Centre
Friday 30 September 2022 15h00 – 20h00
Saturday 1 October 2022 10h00 – 17h00
Friday 7 October 2022 15h00 – 20h00
Saturday 8 October 2022 10h00 – 17h00
Race Day – 05h00am till the start of the race
- Bulk Entries: ommiedraai@gmail.com

ENTRY COSTS

- Online Licensed R60
Online Temp R100
- Online Licensed Junior R40
Online Temp Junior R65
- Manual Licensed R70
Manual Temp R110
- Manual Licensed Junior R50
Manual Temp Junior R75
- Licensed 70yr+ FREE – On race day only
Unlicensed 70yr+ R40 – On race day only
- Fun Run R30

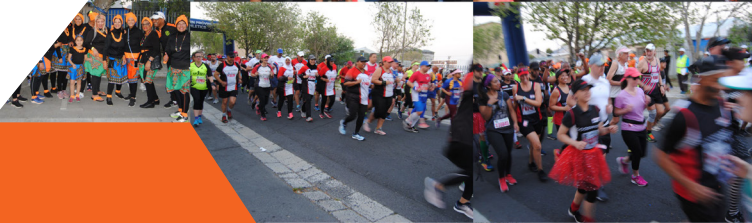


Parking at Kenilworth Centre (KC)



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INFORMATION

Race queries to be directed to
Munsief Daniels 082 967 9566 or
Kaashiefa Anthony on 082 924 5339.
 Alternatively email race queries to
ommiedraai@gmail.com.

PRIZE MONEY

10KM RUN

Equal prize money for Male and Female Athletes.

Category	1st	2nd	3rd
Junior	R500	R400	R300
Open	R1500	R1000	R750
40-49	R500	R400	R300
50-59	R500	R400	R300
60-69	R500	R400	R300
70+	R500	R400	R300
Teams	4 x R300	For juniors only: 4th R250; 5th R200	

ENTRY RULES

1. The race is run according to the rules of ASA and WPA.
2. Participants in the 10km must be 14 years of age or older. Participants in the 5km must be 10 years of age or older unless accompanied by an adult.
3. Race numbers (bibs) will not be issued. All registered athletes must wear two valid license numbers. Unregistered participants must purchase a Temporary License which must be worn on the front of the vest.
4. Temporary license holders when registering **MUST** complete and hand in the tear off strip from the number to be eligible to compete.
5. Licensed athletes should wear club colours. Temporary licensed athletes must run in clothing without advertising.
6. To qualify for team prizes, athletes must wear full club colours and participate with a permanent license.
7. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
8. Entry cards must be in the athlete's possession during the race and handed in at the results board at the Finish.
9. Cut off for all races is at 08h15. Prize-giving is at 08h15.
10. Do not litter. This is a plastic free event, meaning no plastic sachets and carry your own or water will be poured in cups. #RunClean
11. The use of music players with headphones is not allowed and will result in disqualification.
12. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
13. Wheelchair athletes must please contact the organisers **timeously** to discuss arrangements for their participation.
14. A tog bag area will be available at own risk.
15. Juniors (born in 2003 or later) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes. Juniors will count towards Open team prize.
16. No personal seconding will be permitted except at official refreshment stations.
17. **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.
18. 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 Club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
19. 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.

