



Protea Toyota

189 Voortrekker Road, Bellville
021 946 3324

Venue: Bellville High School
cnr Feinauer Street & Old Paarl Rd, Bellville
Parking entrance from:
* Paratus Avenue (out of De La Hay Rd)
* Jessie Street



5km Fun Run
presented by *Bellville High School*
Enquiries: 021 948 1801 or
email: bemarker@hsbellville.co.za

BAKgat

10km



Presented by
**BELLVILLE
ATHLETICS CLUB**

**Saturday
8 OCT 2022
07:00**

**5km FUN RUN
starts at 07:15**

Entrance Fees:
**Licensed Runners
R80 (Juniors R50)**
**Unlicensed Runners
R120 (Juniors R75)**
+ online entry admin fee

Enquiries: 084 584 4112 or bakvicechair@gmail.com

ENTRIES AND RACE CARD COLLECTIONS:

Online Entries until 30 September 2022 [web tickets](#) **online entries**

Friday, 7 October from 15:00 to 19:00

at Protea Toyota, 189 Voortrekker Road, Bellville

Saturday, 8 October from 05:30 to 06:45 at Bellville High School

Click here for race rules and information

Please 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. Race organised in accordance with rules and regulations of ASA and WPA.
The organizers, sponsors and WPA accept no responsibility for injury or accident resulting from participation in the race.



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

10 KM RACE RULES & INFORMATION:

1. The race is run according to the rules of ASA and WPA.
2. Participants must be 14 years of age or older on race day.
3. 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.
4. 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. Licenced athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced 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.
9. Prize giving will commence at 09:00. All prize monies will be paid via EFT. Lucky draw prizes up for grabs!
10. 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.
11. The use of music players with headphones is not allowed and may 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. 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 their participation in the event.

PRIZES: Men & Women:

| AGE | 1st | 2nd | 3rd |
|----------------|-----------|-------|-------|
| Open | R 750 | R 500 | R 400 |
| Junior (14-19) | R 350 | R 250 | R 200 |
| 40 – 49 | R 500 | R 400 | R 300 |
| 50 – 59 | R 400 | R 300 | R 200 |
| 60 – 69 | R 400 | R 300 | R 200 |
| 70+ | R 400 | R 300 | R 200 |
| Open Team | 4 X R 150 | | |

RACE SPECIFIC INFORMATION:

- Cut off time is 1hour 45 minutes
- Tog bag facilities will be available at own risk

ENQUIRIES:

Albie de Waal – 084 584 4112

Jo van den Berg – bakvicechair@gmail.com

ENTRIES:

- Online: (<https://www.webtickets.co.za/v2/Event.aspx?itemid=1517555200>). (Closing date for online entries: 30 September 2022)
- Friday, 7 October between 15:00 and 19:00 at PROTEA TOYOTA, 189 VOORTREKKER ROAD, BELLVILLE
- Saturday, 8 October between 05:30 and 6:45 at BELLVILLE HIGH SCHOOL

REGISTRATION / RACE CARD COLLECTION:

- Friday, 7 October between 15:00 and 19:00 at PROTEA TOYOTA, 189 VOORTREKKER ROAD, BELLVILLE
- Saturday, 8 October between 05:30 and 6:45 at BELLVILLE HIGH SCHOOL

ENTRY FEE:**10Km Race**

Licensed Athletes: R 80 (Juniors R 50)

Unlicensed Athletes: R 120 (Juniors R 75)

MEDALS:

10Km Race - to the first 1100 finishers

- GOLD: First 10 Men & 10 Women
- SILVER: Next 80 finishers
- BRONZE: Up to 1100 finishers

ROUTE:

Flat route, run through Chrismar, Blommendal & Belair neighbourhoods

REFRESHMENTS:

Food stalls: snacks and refreshments will be sold next to the registration area. Please **do not** bring own alcohol onto the premises