

ARD ATHLETIC CLUB



*Alfa Bodyworks*  
COLLISION REPAIR CENTRE

ARD ATHLETIC CLUB'S

Fast & Scenic

# 3 Vlei Race

**SUNDAY 02 OCTOBER 2022**

## 10km Road Race Run/Walk & 5km Run/Walk



A special shield to all participants finishing under 60minutes in the 10km Race and thereafter medals to all finishers. Medals to all 5km finishers

### Start & Finish

Fairmount Secondary School,  
Klip Road, Grassy Park

### Starting Times:

10 Km Run - 06:30am  
Fun Run - 06:50am

Goody bags to the first 600 online entries at no extra cost for the 10km race

R70 licenced runners- 10km  
R110 unlicenced runners- 10km  
R30 -5km

### ENTRIES AND REGISTRATION

Sportsmans Warehouse,  
Rondebosch

Friday 30<sup>th</sup> September from 3pm - 6pm  
Saturday 1<sup>st</sup> October from 10am - 5:30pm

Fairmont Secondary School,  
Klip Road, Grassy Park

Saturday 1<sup>st</sup> October from 10am - 5:30pm  
Sunday 2<sup>nd</sup> October from 05:30am  
untill 15minutes before the race starts.

For Bulk Entries please call Gasina on 083 415 7257  
Card facilities will be available at all venues

### PRE ENTRIES

No extra costs for online entries.  
Online entries - [www.topevents.co.za](http://www.topevents.co.za) Online Entries close on Sunday 25<sup>th</sup> September 2022

### RACE ENQUIRIES:

Zahid Ebrahim 083 454 3708 • Jasmiena 082 809 7559 • Gasina Bassier 083 415 7257



# Prizes : 10km - Men and Woman

Prize giving starts soon after 8:15am  
Equal prize money for men and woman  
Spot prizes worth thousands!

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
JUNIORS (14-19)	700	500	400	200	100
OPEN	1100	800	500		
VETERAN (40-49)	700	500	300		
MASTER (50-59)	600	400	300		
GRANDMASTER (60-69)	600	400	300		
G GRANDMASTER 70+	600	400	300		
SENIOR TEAM	4 x 300				
JUNIOR TEAM	4 x 150				

## 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.

## Entry Fees:

Licenced Athletes	R70
Unlicenced Athletes	R110
Licenced Athletes Juniors	R50
Unlicenced Athletes Juniors	R75
5km Fun Run	R30
Over 70 Licenced Runners	FREE

## Special Challenges

### Mass participation (min 50 runners)

The club with the highest percentage finishes as per league rules will be awarded with R3000!  
(The prize will be awarded when the results are available)

### Male & Female Fastest Bus Trophy Challenge

The Fastest male bus of 10 runners (in the same club colours), finishing TOGETHER  
The Fastest female bus of 10 runners (in the same club colours), finishing TOGETHER

## Race Rules

- The race is run in accordance with the rules of ASA and WPA
- Temporary licenses will be available at registration. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
- Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carry them to the finish. Report offenders to the referee. #RunClean
- Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organizers or the WPA office.
- Cut-off times: 2hrs from the start of the race.
- In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any category prize.
- Participants must be 14 years or older on the day of the race.
- 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.
- Licenced Juniors (born from 2003 onwards) must display category tag "J" to be eligible for age group prizes. Juniors only count for the junior team prize and not for the Senior team.
- No personal seconding will be permitted except at official refreshment stations.
- Club colours must be worn to qualify for team prizes.
- Licenced athletes should wear club colours and must display a valid 2022 license number on the front and back of their vest.
- Unlicenced athletes must run in clothing without advertising and must purchase a temporary licence that must be worn on the chest.
- Entry cards must be carried for the duration of the race and handed in at the results board at the Finish. Participants without an entry card may be disqualified.
- Prize giving starts soon after 08:15am
- The use of music players with headphones are not allowed and may result in disqualification.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

## Sponsors



## Beneficiaries



The Alfa Bodyworks ARD Athletic Club would like to thank all those individuals and organisations who contributed to the success of the 3 Vlei Race.