

# MITCHELLS PLAIN TITANS

ANNUAL ROAD RACE

SATURDAY,  
19  
NOVEMBER  
2022

5km  
07h30

10km  
06h30

21.1km  
06h00

ENTRY	LICENSED	UNLICENSED
21KM	R120	R180
10KM	R80	R120
10KM JNR	R50	R75
5KM FUN RUN	R50	R50



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ROCKLANDS SPORTS COMPLEX  
WELTEVREDEN ROAD, MITCHELLS PLAIN

## ENQUIRIES

EMAIL: [MPTITANS@GMAIL.COM](mailto:MPTITANS@GMAIL.COM)

SOCIAL: [WWW.FACEBOOK.COM/MPTITANS](http://WWW.FACEBOOK.COM/MPTITANS)

[WWW.INSTAGRAM.COM/MPTITANSAC](http://WWW.INSTAGRAM.COM/MPTITANSAC)



WESTERN PROVINCE ATHLETICS



# PRIZE MONIES

## 21.1km

			
Open	R1200	R800	R600
40-49	R500	R400	R300
50-59	R500	R400	R300
60-69	R500	R400	R300
70+	R500	R400	R300

## 10km

			
Open	R800	R600	R400
Junior	R400	R300	R200
40-49	R450	R300	R200
50-59	R450	R300	R200
60-69	R450	R300	R200
70+	R450	R300	R200

# RACE RULES

1. The race is run according to the rules of World Athletics, ASA and WPA.
2. All registered athletes must wear valid licence numbers, on the front and back.
3. Participants may enter the age category corresponding to their chronological age or any younger category down to Open.
4. One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest.
5. The race number must be worn on the front of the vest, partially covering the ASA licence so that the licence sponsor remains visible.
6. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
7. Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear age tags and provide proof of age.
8. Temporary licence holders, when registering, must complete and hand in the tear-off strip from the number in order to be eligible to compete.
9. Tog bag facilities will be available, at own risk.
10. Runners must obey traffic officers, race officials and race marshalls at all times.
11. The organisers, sponsors and WPA accept no responsibility for injury and accident resulting from participation in the race.
12. Participants must be 16 years old for 21.1km and 14 years old for 10km.
13. Juniors (14 - 19 years old) must display "J" category tags to qualify for age category prizes.
14. Entry cards must be in the athlete's possession at all times during the race and handed in at the results board at the finish.
15. Age category tags must be worn front and back if runners wish to be eligible for age category prizes.
16. Refreshment tables will be provided at regular intervals in accordance with the rules of ASA and WPA.
17. Cut-off times are as follows: 21.1km - 3h30 (at 09h30), 10km - 2h00 (at 08h30).
18. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
19. The use of music players with headphones/earphones is not allowed and may result in disqualification.
20. 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.
21. No personal seconding will be permitted, except at official refreshment stations.
22. In addition to overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter.
23. Spot prizes will be awarded. Prize giving will commence at 09h00.

