



IN ACCORDANCE WITH THE  
RULES OF ASA & BOLAND  
ATHLETICS/ VOLGENS DIE  
REËLS VAN ASA EN  
BOLAND ATLETIEK

16/07/2022

DAL JOSAFAT  
STADIUM  
PAARL

10KM @ 08H00

FIRST 1000 ENTRIES

PRE-ENTRIES AND  
ENTRIES DAY OF  
COMPETITION FROM  
05H30

# PAARL ATHLETICS CLUB 10KM RACE INCORPORATING THE BOLAND ATHLETICS 10KM CHAMPIONSHIPS



Please note: Strict Covid -19  
protocols will be adhered to.

REFRESHMENTS

LOTS OF LUCKY DRAW  
PRIZES

## RACE INFORMATION

ENQUIRIES	LUCKY MOKWENA: <a href="mailto:mokwenal@sun.ac.za">mokwenal@sun.ac.za</a>
ENTRY FEE	R85.00
TEMPORARY LICENSE	R50.00
STARTING TIME	08H00
CUT-OFF TIME	10H30
PRIZE GIVING	11H00
AGE	16 YEARS +
MEDALS	GOLD TROPHIES: FIRST 5 MEN & WOMEN SILVER : ALL OTHER FINISHERS
GENERAL	RACE CARD COMPULSORY (HAND IN AT FINISH LINE)

## ADDITIONAL INFORMATION

1. ONLINE ENTRIES PRE-RACE DAY: For pre-entries online go to [www.topevents.co.za](http://www.topevents.co.za) or e-mail [info@topevents.co.za](mailto:info@topevents.co.za) for more information.
2. MANUAL ENTRIES – PLEASE MAIL FORM TO: [mokwenal@sun.ac.za](mailto:mokwenal@sun.ac.za) on or before Tuesday, 12 July at 15h00.
3. Entries on the day of competition from 05h30 until 07h30.
4. Only the first 1000 entries will be accepted. Entries received after cut-off date will not be accepted.
5. Age category tags & 2022 license numbers must be worn on the front and back of the vest.
6. Please note we will not have a separate entry-fee price for walkers.
7. Tog bag facility will be available, but we urge all participants to leave valuables at home.
8. Security for the duration of the event.
9. Parking inside of the stadium if you arrive before 07h30.

## PRIZE MONEY (MEN AND WOMEN)

	1	2	3	4
OPEN	R500	R300	R200	R150
VETERANS	R200	R150	R100	
MASTERS	R200	R150	R100	
GRAND MASTERS	R200	R150	R100	
JUNIORS	R200	R150	R100	

## ENTRY FORM

NAME				SURNAME				
MOBILE				EMAIL				
AGE ON 16 July 2022		2022 LICENCE #		CLUB				
CATEGORY	S	V 40 - 49	M 50 - 59	GM 70 - 79	J	GENDER	M	F

MANUAL ENTRY BANKING DETAILS: PAARL ATLETIEKKLUB/ ABSA/ BRANCH: 334210/ ACCOUNT NR: 400158223  
PLEASE EMAIL PROOF OF PAYMENT AND ENTRY FORM TO: [mokwenal@sun.ac.za](mailto:mokwenal@sun.ac.za)

## DECLARATION

I declare that I am an amateur and agree to abide by the rules of the race as well as the rules of ASA. I hereby indemnify the organizers, of any claims that may result from my participation in this race.

COMPETITORS SIGNATURE: .....

PLEASE NOTE PARENTS OR GUARDIAN MUST SIGN ON BEHALF OF ATHLETES YOUNGER THAN 18.