



Sanlam 10 10km & 5km Fun Run Wednesday, 6 February 2019

Sanlam Road Running Club

Start and finish at: Sanlam Head Office
Strand Road
Bellville

10km starts at: 18:15

5km fun run starts at: 18:30

Licensed athletes **R60** Unlicensed athletes **R100**

Licensed juniors **R40** Unlicensed athletes **R65**

Licensed 70+ **Free** Unlicensed 70+ **R40**

5km participant **R25** 5km no license needed



No pre-entries

Prize Money (Male & Female)

10km	Open	14 - 19	40 - 49	50 - 59	60 - 69	70+
1st	R550	R400	R350	R350	R350	R250
2nd	R450	R300	R250	R250	R250	R150
3rd	R350	R200	R150	R150	R150	R100

Medals to first 1500 finishers in the 10 km race and 300 medals for the fun run.

Many Lucky Draw prizes

Enquiries: Robert 082 474 0399

This race is in accordance with the rules of the ASA & WPA.

sponsored by  **Sanlam**

Rules and race information

1. 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.
2. Juniors (born in 2000 or later) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes.
3. Minimum age on race day for 10 km is 14 years.
4. Participants must obey instructions of marshals and traffic officers.
5. Licensed athletes must compete in official club colours and display unaltered licence numbers, valid for 2019, on the front and back of running vests. In addition to entering the race, unlicensed participants must purchase a temporary licence, which must be worn on the chest.
6. 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 running vests. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
7. Temporary licences will be available at registration and must be worn on the chest. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete. Temporary licensed participants are eligible for individual age category prizes, provided they enter the relevant age group, wear the category appropriate age tags and provide proof of age. Temporary licenced athletes must run in clothing without advertising
8. Entry cards must be carried for the duration of the race and handed in at the results board at the Finish. Participants to produce their finishing card when asked to do so by a race official.
9. No personal seconding will be permitted except at official refreshment stations.
10. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
11. Time limit for 10 km is 1 hour 40 min, and Fun Run 1 hour 30 min.
12. The organisers and sponsors accept no responsibility for injury or accident resulting from participation in the race.
13. Any ruling by the race committee will be considered final.
14. No race numbers will be issued.
15. The use of players with headphones is NOT allowed, and may result in disqualification.
16. Entries will be accepted at the start venue from 17:15 to 18:30 for the 10 km and Fun Run.
17. Prize giving ceremony at 20:15, which includes the awarding of lucky draw prizes.
18. Tog bag area provided at runners' own risk. Please don't leave any valuables in your car.
19. Race results will be sent to all clubs via email and will be available on www.wpa.org.za
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. We support #run clean campaign.

Detailed rules are available at www.wpa.org.za or on request from the organisers or the WPA office.

Please note that refreshments, Hamburgers, cool drinks, etc. will be sold at Fedics Cafeteria. The cafeteria will be open from 16:00 until 21:30.



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

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