



[www.facebook.com/CenturyCityZA](http://www.facebook.com/CenturyCityZA)  
#CCSExpress2019



[www.twitter.co.za/CenturyCityZA](http://www.twitter.co.za/CenturyCityZA)  
#CCSExpress2019



[www.instagram.co.za/CenturyCityZA](http://www.instagram.co.za/CenturyCityZA)  
#CCSExpress2019



# CENTURY CITY EXPRESS WITH DISCOVERY VITALITY 10KM & 5KM



ENTER ONLINE [WWW.WEBTICKETS.CO.ZA](http://WWW.WEBTICKETS.CO.ZA) | ONLINE ENTRIES CLOSE: **24 FEBRUARY 2018**  
IN-STORE ENTRIES CAN BE DONE AT ANY PARTICIPATING PICK 'N PAY STORE  
FOR A LIST OF STORES PLEASE VISIT [WWW.WEBTICKETS.CO.ZA/PNPOUTLETS](http://WWW.WEBTICKETS.CO.ZA/PNPOUTLETS)  
NO ENTRIES WILL BE TAKEN ON THE DAY

**RACE PACK COLLECTION** CENTURY CITY CLUBHOUSE, 3 PARK LANE, CENTURY CITY  
28 FEB & 1 MARCH 10:00 - 19:00 | **LUCKY DRAW AND PRIZE GIVING - 9AM**

**SATURDAY | 02 MARCH 2019 | CENTRAL PARK, CENTURY CITY**

**10KM EXPRESS | 7:00AM**

**SNR LICENSED: R75 | SNR UNLICENSED: R115**

**JNR LICENSED: R55 | JNR UNLICENSED: R80**

**5KM FUN RUN | 7:15AM**

**SNR: R55 | JNR: R40**

**NO LICENSE REQUIRED**

**ENTRY FEE INCLUDES COMPULSORY TIMING CHIP**

**[WWW.CENTURYSITY.CO.ZA](http://WWW.CENTURYSITY.CO.ZA) | [WWW.DISCOVERY.CO.ZA/VITALITY/RUNSERIES](http://WWW.DISCOVERY.CO.ZA/VITALITY/RUNSERIES)**

For more information contact Century City on 021 552 6889 or visit [www.webtickets.co.za](http://www.webtickets.co.za) to enter online.

For Discovery Vitality visit [www.discovery.co.za/vitality/runseries](http://www.discovery.co.za/vitality/runseries)

This event is held under the rules and regulations of ASA and Western Province Athletics.

# RACE RULES



1.) The Century City Express is run in accordance with the rules of ASA and WPA. 2.) The Century City Express 10km is open to all licenced and non-licenced runners of 14 years and older. 3.) Licenced runners should wear club colours. Official event race number to be worn on the front. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back. 4.) Temporary licences are available at R40 for the 10km Senior and R25 for 10km Junior events. 5.) Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age. Age category tags will be available for purchase at number collection. 6.) Temporary licences 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. 7.) Personal seconding is not permitted except at official refreshment stations. Private vehicles are requested not to follow the athletes on the route. 8.) 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 their club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior. 9.) Proof of age is required for category prizes. 10.) Juniors (born from 2000 onwards) wearing a junior or a senior licence must wear an age category tag to qualify for age group prizes. 11.) No swapping of race numbers as the race number is linked to your name and finishing time and may result in your disqualification. 12.) Each race distance has a different race number range and colour with your data captured electronically. Do not transfer between races without notifying the race organisers. 13.) Children younger than 12 years participating in the 5km to be accompanied by an adult. 14.) No club colours or licenses required for runners participating in the 5km. 15.) All traffic officers and marshals must be obeyed. 16.) The race organisers reserve the right to accept or reject any entry. 17.) Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. The athletes must be able to produce the letter from his/her federation permitting participation on race day. 18.) The entry fee is non-refundable. 19.) Kilometre markers will be placed at each kilometre mark. 20.) Refreshment stations will be situated approximately every 3km along the route. 21.) Medals will be handed to all finishers. 22.) There will be log bag facilities at the start for all events. Bags dropped off at runners' own risk. 23.) Toilets will be available at the start and finish. 24.) Prize giving will take place at Central Park 09:15am 25.) Results will be available at [www.finishtime.co.za](http://www.finishtime.co.za); [www.centurycity.co.za](http://www.centurycity.co.za); and [www.discovery.co.za/vitality/runseries](http://www.discovery.co.za/vitality/runseries). 26.) The use of music players with headphones is not allowed and may result in disqualification. 27.) Wheelchair participants must please contact the organisers timeously to make arrangements for their participation. 28.) Time limit: 1h45 (10km finished at 8:45am) 29.) Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying to the finish. 29.) Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office. **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.



## GENERAL ENQUIRIES:

For more information about the route, please contact **021 552 6889** or email [info@centurycity.co.za](mailto:info@centurycity.co.za), [www.centurycity.co.za](http://www.centurycity.co.za)  
 For more information about online entries, please contact Webtickets active on **086 111 0005** or email [info@webtickets.co.za](mailto:info@webtickets.co.za)

# PRIZE MONEY

10KM MALE AND FEMALE			
	1st	2nd	3rd
JUNIOR	R700	R500 CANAL WALK VOUCHER	R300 CANAL WALK VOUCHER
OPEN	R10 000 + R2 000 CANAL WALK VOUCHER	R1 500 + R1 500 CANAL WALK VOUCHER	R1 000 + R1 000 CANAL WALK VOUCHER
40 - 49	R1 500	R800	R600
50 - 59	R1 000	R600	R400
60 - 69	R600	R400 CANAL WALK VOUCHER	R200 CANAL WALK VOUCHER
70+	R500	R300 CANAL WALK VOUCHER	R200 CANAL WALK VOUCHER

