



# THE LAGUNA MALL

L A N G E B A A N

Laguna Mall

10km Road Race and 5 km Fun Run/Walk

Sponsored by Seeff, Wimpy, Weslander, Pizza Hut and FPG



Expertise Built Through Generations of Trust

Saturday, 11 May 2019

Venue: Laguna Mall, Langebaan

Registration from 06:30

Starting time

10km - 08:00

5km - 08:10

Medals to 1st 300 in 10km and 1st 300 in 5km completing the races.

Entries: At venue on race day

10km @ R70.00, temporary licence @ R40.00

10km juniors @ R50.00, temporary licence @ R25.00

10km 70+ category, free entry

5km @ R20.00

Social walkers welcome!

Lucky draw prizes for both 5 and 10km athletes



Race information and enquiries:

Shoneen Wendzich

Cell number: 083 399 2651



## Rules

1. The race is run in accordance with the rules of ASA and WPA.
2. Registered athletes must wear their ASA licences on the front and back of their vest. Temporary licenced runners must wear the temporary licence on the front of their vests.
3. Minimum age of 10 km competitors on the day of the race is 14 years. Proof of age must be produced on request on race day.
4. 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.
5. No personal seconding allowed, except at all refreshment stations.
6. Proof of age for prize winners may be required and to be presented to referees before prize giving. Prizes will be withheld until age is confirmed.
7. 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 at the front and back of their vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
8. 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.
9. Juniors (born in 2000) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes.
10. Runners to obey marshals at all times.
11. No blade, cyclist or mechanically operated device allowed in the race.
12. No refunds will be entertained.
13. Prize winners are requested to stay for the prize giving at 10:00.
14. Fun run participants younger than 10 years must be accompanied by an adult.
15. 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.#Run Clean.
16. For safety reasons the use of personal music players with headphones is not allowed. Use of such device in contravention of ASA rule 34.10.6 may result in disqualification.
17. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
18. Tog bag area will be available at own risk.
19. Cut-off time for 10km is 2 hours.
20. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
21. Liability: the organisers and sponsors accept no responsibility for injury or accident resulting from participation in the race.
22. Licenced athletes should wear club colours. Temporary licenced athletes must run in clothing without advertising.
23. Entry cards, when issued, must be in the athlete's possession during the race and handed in at the results board at the Finish.

## Prizes, Medals and Give-Aways 10Km

<b>Open Men &amp; Women</b>	1 <sup>st</sup>	R500
	2 <sup>nd</sup>	R300
	3 <sup>rd</sup>	R200
<b>40-49 Men &amp; Women</b>	1 <sup>st</sup>	R200
	2 <sup>nd</sup>	R150
	3 <sup>rd</sup>	R100
<b>50-59 Men &amp; Women</b>	1 <sup>st</sup>	R200
	2 <sup>nd</sup>	R150
	3 <sup>rd</sup>	R100
<b>60+ Men &amp; Women</b>	1 <sup>st</sup>	R200
	2 <sup>nd</sup>	R150
	3 <sup>rd</sup>	R100
<b>Juniors, Men &amp; Women</b>	1 <sup>st</sup>	R200
	2 <sup>nd</sup>	R150
	3 <sup>rd</sup>	R100
<b>70+ Men &amp; Women</b>	1 <sup>st</sup>	R200

Entries will be taken at the venue from 06:30

**10km @ R70.00, temporary licence @ R40.00**  
**10km juniors @ R50.00, temporary licence @ R25.00**  
**10km 70+ category, free entry**  
**5km @ R20.00**

Prize giving at **10:00**