

Route and Landmarks



City Hall - Start



Castle of Good Hope



Whipping Post Grand Parade
cnr. Darling & Buitenkant Street



District 6 Museum



Slave Bell Company Gardens



Hurling Swing Pump Gardens



S.A. Jewish Museum



St Marks Church District 6



Auwal Mosque Dorp Street



Pentz Street Bo-Kaap
(Koesiester Hill)



Gallows Hill



Fan Walk Green Point



Grand Parade - Finish



Slave Tree Plaque Spin Street



Iziko Slave Lodge



Fort Wynyard Green Point



SUNDAY 28 MAY 2023

START: CITY HALL / FINISH: GRAND PARADE

#MyCityMyRun



THIS IS A PLASTIC FREE RACE!

SIGN UP ON www.slaveroute.co.za
www.webtickets.co.za

MANUAL ENTRIES: PICK N PAY MONEY MARKET COUNTERS

21.1km
07h00

10km Run
07h30

10km Big Walk
07h30

5km Fun Run/Walk
07h40

Race
Beneficiary:



CASTLE OF GOOD HOPE ... the beginning of everything
The Centre of Shared Heritage in the Cape
info@castleofgoodhope.co.za www.castleofgoodhope.co.za



Slave Route Challenge

Race Entry Fees

Race	Start Time	Cut Off Time	Lucky Draw Prizes	Licensed Senior Athletes	Unlicensed Senior Athletes	Licensed Junior Athletes	Unlicensed Junior Athletes
Half Marathon Includes disposable timing chip & service fee	07h00	10h30	Yes	R190	R260	R190	R260
10km Run Includes disposable timing chip & service fee	07h30	09h30	Yes	R130	R175	R90	R105
10km Big Walk (service fee included)	07h30	n/a	Yes	R90	R90	R90	R90
5km Fun Run/Walk	07h40	n/a	Yes	R50	R50	R50	R50

LIMITED ENTRIES FOR 21.1KM - 3 500 Entries and 10KM RUN - 2 500 Entries (NO LATE ENTRIES AFTER IN STORE AND ONLINE CLOSING DATE 14 MAY 2023)

In Store Entries (Close Sunday 14 May 2023)

AVAILABLE AT ALL PICK N PAY MONEY MARKET COUNTERS

NUMBER COLLECTION & EXPO - CASTLE OF GOOD HOPE

	Location	Date	Time
Late entries for 5km Fun Run and 10km Big Walk ONLY will be taken on FRI & SAT NO LATE ENTRIES FOR 10km run & 21.1km	Castle of Good Hope	Fri 26 May	10h00 - 20h00
	Castle of Good Hope	Sat 27 May	10h00 - 17h00
	Castle of Good Hope	Sun 28 May	05h30 - 07h00

NO ENTRIES ON RACE DAY - SUNDAY 28 MAY 2023

Medal Categories

Half Marathon	10km Run	10km Big Walk & 5km Fun Run/Walk
Gold: Position 1-5	Gold: Position 1-5	Medals to all finishers.
Silver: Position 6-50	Silver: Position 6-50	
Bronze: To all finishers within cut off time	Bronze: To all finishers within cut off time	

Race Beneficiary



EARLY LEARNING RESOURCE UNIT
19 Flamingo Crescent
Lansdowne, Cape Town
www.elru.co.za

Prize Money Half Marathon

Open Men/Women	40-49 Men/Women	50-59 Men/Women	60-69 Men/Women	70+ Men/Women
1. R3000	1. R1500	1. R1500	1. R1500	1. R1500
2. R2000	2. R1000	2. R1000	2. R1000	2. R1000
3. R1000	3. R750	3. R750	3. R750	3. R750

Prize Money 10km Run

Open Men/Women	Junior Men/Women	40-49 Men/Women	50-59 Men/Women	60-69 Men/Women	70+ Men/Women
1. R1500	1. R1500	1. R1000	1. R1000	1. R1000	1. R1000
2. R1000	2. R1000	2. R750	2. R750	2. R750	2. R750
3. R750	3. R750	3. R500	3. R500	3. R500	3. R500

Team prizes (Open): Club team prizes calculated on total combined time
Half marathon Men & Women 4 x R750 10km Run Men & Women 4 x 500

RACE RULES

Detailed rules are available on www.wpa.org.za or on request from the organizers or the WPA Office.

- * Minimum age for competitors: Half Marathon: 16 years or older on race day. 10km Run: 14 years or older on race day
- * 5km Fun Run / Walk & 10km Big Walk: Toddlers and children under the age of 10 years old must be accompanied by an adult.
- * Half marathon & 10km Run athletes should wear their club colours. Full club colours must be worn to qualify for team prizes.
- * Temporary licensed athletes must run in clothing without advertising.
- * One race number (bib) will be issued. Registered athletes must wear their 2023 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 licensed runners must wear the race number on the front of their vest and the temporary licence on the back.
- * Half marathon & 10km Run athletes not belonging to a running club and who do not own a WPA licence, must purchase a temporary licence, pay the race entry fee for an unlicensed athlete, must complete and hand in the tear off strip from the number in order to be eligible to compete.
- * 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 displayed/worn on 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.
- * Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group and wear the appropriate age tags. Proof of age may be requested.
- * Juniors (14-19 at 31 December 2023) wearing a junior or senior license must display age tags ("J"), to qualify for age group prizes.
- * Juniors will count towards Open team prizes, Juniors must provide proof of age.
- * Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- * To qualify for team prizes, athletes must wear full club colours and participate with permanent licence.
- * All marshals, traffic officials and WPA Technical officials must be obeyed. Failure to comply may lead to disqualification.
- * No personal seconding will be permitted except at official refreshment stations.
- * Substitutions will be accepted at registration on Friday and Saturday. No changes on race day. Anyone caught running in another person's race number without official substitution will be disqualified.
- * **Time limit for the 21.1km is 3:30 hrs and for the 10km 2:00 hrs. No time limit for 5km Fun Run / Walk and 10km Big Walk.**
- * **NO ENTRIES WILL BE TAKEN AT NUMBER COLLECTION OR ON RACE DAY FOR THE 10KM RUN & 21.1KM EVENTS.**
- * **Cut off at the 18km mark will be at 10h15. A vehicle will transport the runners to the finish area.**
- * **The use of music players with headphones is not allowed and may result in disqualification.**
- * **Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.**
- * **Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.**
- * Brimstone Itheko Sport AC supports the WPA anti-litter campaign and no littering during the race will be tolerated. (No littering allowed 200m beyond refreshment point which will be indicated by the anti-litter campaign board). All litter to be carried to the finish.
- * Your co-operation in achieving this goal will be sincerely appreciated. "Think Twice! Take the Step! Don't Litter!" - This is a Plastic Free Race!
- * Brimstone Itheko Sport AC supports recycling and the carrying of litter to the finish, as the objective of our race is to ensure that we recycle at least 75% of the litter produced on the route as well as at the finish.

ONLINE ENTRIES

www.slaveroute.co.za
www.webtickets.co.za
includes service fee
CLOSE 14 MAY 2023
*NB: No late entries for 10km run and 21.1km after close date

ENTERTAINMENT - 08h30
PRIZE GIVING - 10h00



WESTERN PROVINCE ATHLETICS

Race run under the auspices of Western Province Athletics and ASA

Presented by:



RACE INFORMATION

- * Ample parking on the Grand Parade and surrounding areas. R20 Parking at Interpark Golden Acre Lower Plein Street. Please arrive early.
- * Owners must lock their vehicles and ensure that no items are left on the seats.
- * Tog bag facilities will be provided by Biddulphs at users own risk. Cell phones, money and personal jewelry not to be left in tog bags. A special bag card will be issued. **No bag card, no bag.**
- * Coca-Cola, Powerade and water will be supplied at regular intervals on the route.
- * Refreshments will be on sale at the finish.
- * Lucky draw / spot prizes up for grabs for all races. Winners must be present at prize-giving to claim prizes.

EACH RUNNER IN THE 21.1KM AND 10KM RUN WILL RECEIVE A DISPOSABLE TIMING CHIP ATTACHED TO THEIR BIB. ENSURE THAT THE CHIP IS NOT COVERED OR DAMAGED BY BAGS AND STRAPS.

* Entrants participate at their own risk and Slave Route Challenge, Brimstone Investment Corporation LTD, Brimstone Itheko Sport AC, WPA, ASA, City of Cape Town, Itheko Sports Management, all sponsors and partners will not accept any liability for any injuries, illness or accidents occurring during or as a result of the race.

Organised by:



For Further information:

Contact Itheko Sports Management: www.itheko.co.za

Office: Mon-Fri 10am till 5pm
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