

PINELANDS 10 km ROAD RACE & 5 km FUN RUN/WALK SUNDAY 30 JULY 2023

CO-HOSTED BY:

PAINTLAB
AFFORDABLE QUALITY DELIVERED

EXECUSPECS

OPTOMETRY FOR THE UNORDINARY

10km run: 07h30 • 5km start: 07h45

Entries are open until Wednesday 26 JULY 2023 at
www.pinelandsathleticclub.co.za

**Entry fees: Licenced R90. Unlicenced R135.
Juniors R55. Unlicenced R80. Fun Run R40**

**NO CASH
ACCEPTED**

**PLEASE NOTE: NO CASH WILL BE TAKEN FOR ON-THE-DAY ENTRIES.
ONLY SNAPSCAN AND A LIMITED CARD PAYMENT FACILITY WILL BE AVAILABLE.**

- Online entries open until Wednesday 26 July 2023 at www.pinelandsathleticclub.co.za until 12am.
- On-the-day entries will be taken between 6am and 7.15am on Sunday 30 July 2023. No cash will be taken. Only Snapscan and a limited card facility will be available.
- Medals to the first 1 500 - 10km finishers and medals to the first 500 - 5km finishers.
- This is a carry-your-own water event. Contenders (front runners) will be offered cups at the refill point at halfway on the 10km route.
- Lots of lucky draw prizes.
- Entry collection and late registration can be done at the Pinelands Clubhouse on Thursday 27 July 2023 & Friday 28 July 2023 from 4pm - 7pm. Saturday 29 July 2023 from 4pm - 6pm & Sunday 30 July 2023 between 6am and 7.15am.
- The race is run according to the rules of WA, ASA and WPA.

Lower Oval (Off Forest Drive) GPS coordinates 33° 56' 25.131" S 18° 29' 59.693" E

**Contact:
Dion Stevens
082 730 8320**



WESTERN PROVINCE ATHLETICS



Organised by:
The Pinelands
Athletic Club

PRIZE MONEY – 10 KM			
Men & Women	1st	2nd	3rd
14-19	R600	R400	R300
Open	R1 500	R1 000	R600
40-49	R600	R400	R300
50-59	R600	R400	R300
60-69	R600	R400	R300
70+	R600	R400	R300
Open Teams (Men and Women) (4 x R400)	R1 600		

RACE INFORMATION

- Enquiries:** Dion Stevens 082 730 8320
- Online entries are open until Wednesday 26 July 2023 at www.pinelandsathleticclub.co.za.
- On-the-day entries will be taken between 6am and 7.15am on Sunday 30 July 2023. No cash will be taken. Only Snapscan and a limited card facility will be available.
- Race starts and finishes at **PINELANDS ATHLETIC CLUB**, Lower Oval, Pinelands.
- Tog bag security will be provided at runners own risk.
- Entry fee for licenced runners is **R90.00** and **R55.00** for juniors for 10km. **R40.00** for 5km Fun Run.
- Fun Run:** Participants younger than 10 years must be accompanied by an adult.
- Social Walkers are welcome to enter the 10km run. Walkers to start at the back and to keep to the side of the road.
- Results will be available on www.wpa.org.za.

RACE RULES: 10km Run/Walk

- The race is run according to the rules of ASA, WA & WPA.
- Runners must obey traffic officers, race marshals and race officials at all times.
- Participants must be 14 years of age or older on race day.
- No personal seconding permitted except at official refreshment stations.
- The time limit is **120 minutes**. Cut off 09h30.
- Licensed runners should run in club colours and a licence valid for 2023 must be worn on the front and back of the vest or purchase a temporary licence to be worn on the front of the vest. 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.
- Temporary licensed runners to wear plain clothing, no advertising.
- Age category tags must be worn (front & back) and be visible for the entire race to be eligible for any age category prizes including Juniors.
- No race numbers will be issued.
- The use of music players with headphones is not allowed and may result in disqualification.
- Entry cards must be carried throughout the race and handed in at the finish.
- Do not litter. Dispose of cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean
- Coke will be available at the finish.
- Entrants participate at their own risk.
- Prize giving will be soon after 09h15.
- DISCLAIMER:** Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletic 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.
- 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.
- Eats and refreshments will be on sale.
- R5.00 of every entry fee will be donated to the Kensington Home for the Aged.

PRIZES

- 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 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, wear the appropriate age tags and provide proof of age.
- Juniors born 2004 or later, must display age tags "J" to qualify for age group prizes. Juniors will count towards Open team prizes.
- Licences valid for 2023 must be worn front and back of vest and Club colours must be worn to qualify for team prizes.



WESTERN PROVINCE ATHLETICS

