



COCA-COLA ROAD RUNNING LEAGUE 2023

Organized by Khayelitsha athletics



10KM

5KM-FUN RUN

03-SUNDAY
SEPTEMBER 2023

MANDELA PARK STADIUM
TAMBO ROAD
KHAYELITSHA, 7784
CAPE TOWN

khayelitshaAC
+27 (0)73 594 1607

REGISTRATION STARTS FROM 5AM

10KM RACE START / AT 7AM
5KM FUN RUN / 8AM

PLEASE BE ADVISED THAT OUR 21KM RACE HAS BEEN CANCELLED.
HOWEVER, WE STILL HAVE A 10KM RACE AND A FUN RUN AVAILABLE.

The race is run according to the rules of ASA and WPA



10km Road Race

- Starts 07h00
- Cut-off time 08h45

5km Fun Run

- Starts 08h00
- Cut-off time 08h45

ENTRY FEES

- 10KM Licenced R90**
Unlicenced R135
- JUNIORS R55**
Unlicenced R80
- 70+ Free entry**
Temporary licence R45
- 5KM Fun run R50**
Children under 12 years, must be accompanied by an adult.

10KM RACE PRIZE MONEY

CATEGORY	FIRST	SECOND	THIRD
Junior	R400,00	R300,00	R200,00
Open	R800,00	R600,00	R400,00
40 - 49	R500,00	R300,00	R200,00
50 - 59	R400,00	R300,00	R200,00
60 - 69	R400,00	R300,00	R200,00
70 +	R400,00	R300,00	R200,00

RULES/INSTRUCTIONS

1. The race is run according to the rules of ASA and WPA.
2. Participants must be 9 years of age for 5km, 14 year for 10km or older on race day.
3. Race numbers (bibs) will not be issued. All registered athletes must wear two valid licence numbers. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
4. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
5. Licenced athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
6. 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.
7. In 2023 Juniors are defined as anyone born in 2004 or later. (Under the age of 20 at year end).
8. Entry cards, must be in the athlete's possession during the race and handed in at the results board at the Finish.
9. Prize-giving is at 9:00 AM.
10. 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. **#RunClean.**
11. There are two water stations that are situated at 3-6km. **COCA COLA** and water will be available at the finish
12. The use of music players with headphones is not allowed and may result in disqualification.
13. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
14. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
15. **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.
16. Social walkers are welcome, medals to all finishers.
17. **Secure parking will be provided in the stadium.**

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