



HERITAGE DAY
SUNDAY 24 SEPT 2023
BRIDGETOWN

WPA 10KM
CHAMPIONSHIP RACE



NANTES AC
UNITY RACE

VANGATE SPORTS COMPLEX
From Jakes Gerwel Drive enter
Vangate Mall Via McDonalds

10KM ROAD RACE 07:00
10KM LEAGUE WALK 07:10
+ 5KM FUN RUN 07:15

BONUS

R1000 BONUS
UP FOR GRABS
TO THE FIRST
MALE OR
FEMALE
RUNNER WHO
SETS A NEW
COURSE
RECORD.

COURSE RECORD

MALE 29.47min
FEMALE 35.23min

Closing date for online entries is
THURSDAY, 21 SEPT 2023

ONLINE REGISTRATION CAN BE COLLECTED
ON THE MORNING OF THE RACE.

BOOK NOW



ONLINE ENTRIES

www.webtickets.co.za

MANUAL REGISTRATION
AVAILABLE ON THE MORNING OF THE RACE
FROM 05H15 UNTIL START OF RACE

Enter to Win
SPOT Prizes
WORTH
R1000'S



FOR FURTHER INFORMATION PLEASE CONTACT:
Leon Hendricks | 082 411 3913
Nadia Gamiel dien | 082 747 8095



**WPA CHAMPIONSHIP PRIZE MONEY AND MEDALS WILL BE AWARDED TO
WPA REGISTERED ATHLETES**



OPEN THROUGH TO 70+ : 1ST R1000.00 2ND R750.00 3RD R500.00

PRIZEGIVING

STARTS AT 9:00 AM
EQUAL PRIZE MONEY FOR MEN AND
WOMEN SPOT PRIZES WORTH THOUSANDS!

CATEGORY	1st	2nd	3rd
Junior	400	300	200
Open	700	550	400
40-49	350	300	200
50-59	350	300	200
60-69	350	300	200
70+	350	300	200
Open Team 4 x R150	600		
10Km League Walk (Open)	300	200	100

ENTRY FEES:

Licensed Athletes	R90.00
Unlicensed Athletes	R135.00
Licensed Athletes - Juniors	R55.00
Unlicensed Athletes - Juniors	R80.00
Licensed Athletes 70+	R25.00
Unlicensed Athletes 70+	R70.00
5 km Fun Run	R50.00
Temp licence for 10km is R45 for seniors	

LIABILITY:

- The organizers, WPA and sponsors accept no responsibility for injury or accident resulting from participation in the race.
- A tog bag facility will be available at own risk.
- For your own safety - be visible to traffic on the route.

- 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.
- 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.
- Juniors (born in 2004 and after) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes
- No personal seconding will be permitted except at official refreshment stations
- Time limit 2 hours.
- The Race is run according to the rules of ASA and WPA
- Participants must be 14years of age or older on race day
- 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.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Licensed athletes should wear club colours. Temporary licenced athletes must run in clothing without advertising. For team prizes full club colours must be worn and the athletes must participate with a permanent licence.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- Entry Cards, must be in the athlete's possession during the race and handed in at the results board at the finish.
- 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.
- 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.
- Walkers have to wear W tags.
- Medals for all finishers.

**FUN RUN:
CHILDREN YOUNGER THAN 12 TO
BE ACCOMPANIED BY AN ADULT**



WESTERN PROVINCE ATHLETICS



DLK GROUP

