

EDGEMEAD

GET
READY



Hosted by:



Saturday, 18 November 2023
Venue: Edgemean High School

10km Run

Start time 06h30, cut off time 08h30

LICENSED ATHLETES

Entry Fee

R90

Seniors

R55

Juniors

FREE

70+

UNLICENSED ATHLETES

Entry Fee

R135

Seniors

R80

Juniors

R45

70+

5km Fun Run R50 fee

Start time 07h15, cut off time 08h30

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.

www.webtickets.co.za

Pre-Enter Online

Pre-entries close at 12h00 on 15 November 2023. Late entries will be taken on 17 November from 16h00 till 19h00 and 18 November from 05h00 until 06h15 at Edgemean High School.

This will be a carry your own race.

No sachets, only cups will be available at water tables. #RunClean

Proud Sponsors:

YOUR RESIDENT AGENTS

Cathryn New 072 797 2793 | cathryn.new@everitt.co.za

Lynne + Jim New 082 785 8062 | lynne.new@everitt.co.za

CHAS EVERITT
INTERNATIONAL PROPERTY GROUP

10km Run Prize Money

Don't look back...you're not going that way

	JUNIOR	OPEN	40-49	50-59	60-69	70+	TEAM PRIZE (OPEN)
1st	R 500	R 1 000	R 500	R 500	R 500	R 400	4 X R200 (men and women)
2nd	R 400	R 700	R 400	R 400	R 400	R 300	
3rd	R 300	R 500	R 300	R 300	R 300	R 200	

RACE RULES



WESTERN PROVINCE ATHLETICS

- The race is run according to the rules of ASA and WPA.
- Minimum age for competitors: 10km run (14 years or older on race day). 5km fun run / walk (toddlers and children under the age of 10 years old be accompanied by an adult).
- Licensed runners must wear both 2023 license numbers (front and back), and should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
- Runners who purchase a temporary license must wear it on the front of their vest or t-shirt.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete and be eligible for category prizes.
- Age category tags (eg, J, 40, 50, 60, etc) must be worn (front and back) and visible for the entire race to be eligible for any age category prize. Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear appropriate age tags and provided proof of age.
- Cut-off times: 10km run (08h30 - 2 hours) and 5km (08h30 - 1 hour and 15 min)
- Entry cards must be in the athletes possession during the race and must be handed in at the results board to ensure time is recorded and eligibility for category prizes.
- Only entrants at prize giving will be eligible to win lucky draw prizes.
- Prize giving will start at 08h30.
- 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 tags must be worn on the front and back of the club vests. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Juniors (born 2004 or later) must display age "J" tags front and back to qualify for age group prizes.
- The participant indemnifies the club, its members, sponsors, organizers and WPA of any injury, damage, loss or illness which may occur during the event.
- Runners must obey Traffic Officers, Race Officials and Race Marshalls at all times.
- No personal seconding will be permitted, except at official refreshment stations.
- Refreshment stations will be provided at regular intervals in accordance with the rules of ASA and WPA.
- No race number will be issued.
- Results will be sent to clubs and be available on www.wpa.org.za
- Do not litter. Dispose of cups responsibly 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.



Race Contact Info: Francois 083 236 8265 or Erika 083 564 1651