



Emancipation of Enslaved People

10K ROAD RACE

Thursday

30 November 2023

Start time 19h00

Cut off time 20h40

Prize giving 20h30

5KM SLAVE WALK



START

Slave Emblem
Company Gardens

Start time 22h00 End time 00h00 Cost TBC

LICENSED ATHLETES

	Seniors	Juniors	70+
Entry Fee	R100	R45	Free

UNLICENSED ATHLETES

	Seniors	Juniors	70+
Entry Fee	R140	R70	Free

Entries limited to 1500
for 10km race

REGISTRATIONS Online
WEBTICKETS
Bulk, Club or Group
**ONLINE or CONTACT
RACE ORGANIZERS**
Manual Entries
**on the day of the race
17h00 - 18h50**
CARD PAYMENTS ONLY

Race is run in accordance with ASA
and WPA rule. Social walkers are welcome.



WESTERN PROVINCE ATHLETICS



Men & Women	1 st	2 nd	3 rd
OPEN	950	750	600
40 - 49	600	500	400
50 - 59	500	450	400
60 - 69	400	350	300
14 - 19	500	400	300
70+	250	200	-

PRIZES

Team Prizes

Men

Women

4x350

4x350

All prize money will be paid by EFT

RACE RULES

- Licensed athletes must run with 2023 licenses on back and front of the club vest.
- Entrants in the 10km event must be 14 years or older on the day of the race to enter.
- In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter.
- 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.
- Temporary numbers should be worn on the chest.
- Juniors (born in 2004 or later) must display age 'J' tags front and back to qualify for age group 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 licensed participants are eligible for age category prizes provided they enter the relevant age group, wear appropriate age tags and provided proof of age.
- Licensed athletes should wear club colours. Club colours must be worn to be eligible for club team prizes.
- Temporary licensed athletes must run in clothing without advertising. Unregistered participants must purchase a Temporary License which must be worn on the front of the vest. Temporary license holders when registered must complete and hand in the tear off strip from the number in order to be eligible to complete.
- No personal seconding will be allowed en route except at official refreshment stations.
- Entry cards must be in the athlete's possession during the race and handed in at the results board at the Finish.
- All race officials and traffic authorities must be obeyed.
- Please do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carry them to the finish, and report offenders to the referees.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- The use of music players with headphones is not allowed and may result in disqualification.
- Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.

RACE INFO

- Registration on the day at the Castle of Good Hope from 17h00 - 18h50
- All entrants must follow the instructions of the Race Marshals.
- Social Walkers are welcome.
- Tog bag facilities are available at own risk.

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

Disclaimer: All runners undertake to participate at their own risk.

Organizers and helpers cannot be held liable for any illness or injury during or as a result of the race.

Organizers are not liable for the loss or theft of any goods.



Race Contact Info: Carlton 076 481 0563 | Fred 081 363 7891 | Des 068 292 5864