



**CENTRAL ATHLETICS 2019
10KM CHALLENGE & 5KM FUN RUN**



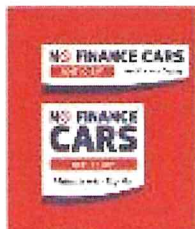
**SUNDAY,
7 APRIL 2019
10KM - 7:00AM
5KM - 7:30AM
BOTH DISTANCES START AND
FINISH AT THE GROOTE SCHUUR
HIGH SCHOOL**

**10KM LIC SENIOR-R70
10KM UNLIC SENIOR-
R110**

10KM LIC JUNIOR-R50

**10KM UNLIC
JUNIOR-R75**

5KM FUN RUN-R30



HOW TO ENTER

ENTRIES:

1. Enter online at www.topevents.co.za [should you have any enquiries about entering online, please contact Top Events on (021) 511 7130 or email info@topevents.co.za] Closing date 31 March 2019 at 24h00 (midnight). Please note if payment is not received within 7 days of entry, your entry will be deleted.
2. Instore entries will only be taken at Sportsman's Warehouse Rondebosch and Tygervalley. You will receive two till slips, one to be stapled onto your entry form and the other serves as your proof of entry. Please bring this with you to number collection which will take place on race day. Closing date for in-store entries is 27 March 2019.
3. Race day entries will be taken on race day at the venue from 04h45 to 06h45.
4. Entry fees are non-refundable.
5. Subject to pre-entries and any participation limits imposed by the relevant authorities, limited entries may be available on race day for the Central Athletics 10km challenge and 5km Fun Run.

NUMBER COLLECTION

Number collection for in-store and online entries will take place at Groote Schuur High School on Friday 5 April from 14h00 to 19h00 and on race day Sunday 7 April from 04h45 to 06h45.

CONFIRMATION OF ENTRY:

1. In-store and online entries will receive a confirmation email (if an email address is provided by you)
2. Prior to number collection you will receive a sms indicating your race number and number collection venue
3. Please bring proof of your entry and sms/email confirmation with you to the number collection.

RACE INFORMATION:

- Free secure parking will be available at Groote Schuur School.
- Toilets: Available at the Groot Schuur High School.
- A tog bag facility will be available for use at runners own risk.
- Refreshment stations provided approximately every 3km. Each kilometre will be clearly marked.
- All sachets and litter must be put in bins on the route or carried by the runners.
- No discarded sachets or litter will be allowed on the route.
- Runners seen littering will be disqualified.

Prize giving will commence at approximately 09h00.

ENQUIRIES PLEASE CONTACT:

- Adnaan Mohamed on 083 427 4648 OR Nurjehan Perin on 082 304 7764
- Or email centralathleticsclub@gmail.com



RACE RULES

1. The Central Athletics 10km Challenge is run in accordance with the rules of ASA & WPA.
2. Runners must obey traffic officers, race marshals and race officials at all times.
3. Minimum age on race day is 14 years old.
4. No personal seconding permitted except at official refreshment stations.
5. The cut off time for the race is 09H00. Medals to all finishers before the cut off
6. Licenced runners should run in club colours with a valid licence for 2019 to be worn on the front and back of the vest, or purchase a temporary licence to be worn on the back of the vest.
7. Temporary licenses are available at R40 for 10km senior and R25 for 10km junior events.
8. One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
9. Juniors (born from 2000 onwards) wearing a junior or senior licence must display "J" category tags to qualify for age group prizes. Juniors will also count towards open team prizes.
10. Temporary Licence holders, when registering, must complete and hand in the tear off strip from the number in order to be eligible to compete. Temporary licenced runners to wear plain clothing, no advertising. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
11. The use of music players with headphones is not allowed and may result in disqualification.
12. Do not litter. Dispose of sachets responsibly by using the boxes provided or carry them to the finish. Report offenders to the referees. #RunClean
13. Refreshment stations will be available on route and at the finish area.
14. Entry cards need to be completed before the race and must be carried throughout the race and handed in at the finish.
15. 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. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
17. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
18. 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 club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
19. 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.
20. To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.
21. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
22. Prize-Giving will take place at 09h00.
23. There will be a tog bag facility for use at the athletes' own risk.

Prize money for male and female

JUNIOR	OPEN	40-49	50-59	60-69	70+
R500	R2000	R500	R500	R500	R500
R300	R500	R300	R300	R300	R300
R200	R300	R200	R200	R200	R200
TEAM PRIZES (OPEN)	4 x R200				