



NANTES AC UNITY RACE
ONE RACE MANY LEGACIES

HERITAGE DAY
24 SEPTEMBER 2019
BRIDGETOWN

10KM ROAD RACE 07:00
10KM LEAGUE WALK 07:10
+ 5KM FUN RUN 07.15

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

Closing date for online entries is Sunday, 14 Sept 2019

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

Online Entries - www.webtickets.co.za
Online Queries - WEBTICKETS on (021 834 5000)



FOR FURTHER INFORMATION PLEASE CONTACT:
Leon Hendricks - 082 411 3913
Nadia Gamielien - 082 747 8095

Prize Giving

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

CATEGORY	1st	2nd	3rd
Junior	800	400	300
Open	1000	700	500
40-49	700	500	250
50-59	700	400	250
60-69	750	400	250
70+	700	400	250
10km League Walk (Open)	300	200	100
Winning Team	600		

- 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.
- 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. 3. Juniors (born in 1999) 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 .

ENTRY FEES:

Licensed Athletes	R60.00
Unlicensed Athletes	R100.00
Licensed Athletes - Juniors	R30.00
Unlicensed Athletes - Juniors	R50.00
5 km Fun Run	R30.00
OVER 70	R20.00

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.

- Licensed athletes should wear club colours. Temporary licenced athletes must run in clothing without advertising.
- 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.

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



WESTERN PROVINCE ATHLETICS
Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoogroups.com



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