

Rules & Regulations

1. The race is run according to the rules of the ASA and WPA.
2. Participants must be 14 years of age or older on race day.
3. The following methods of entry will be used: a) Manually at road races in May, b) Online, c) At clubhouses, d) At UWC Sports Stadium from 31st May, e) On the day of competition
4. 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.
5. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
6. Licenced athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
7. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize including Juniors.
8. Juniors (born in 2000 or later) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes. Juniors will count towards Open or Senior team prizes.
9. Athletes 70 years and older run for free but must purchase a temp license (R40) if unlicensed.
10. Entry cards, must be in the athlete's possession during the race and handed in at the results board at the Finish.
11. Time limit: 110 minutes.
12. Prize-giving is at 09:00
13. 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.
14. The use of music players with headphones is not allowed and may result in disqualification
15. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
16. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
17. Tog bag facilities at own risk
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. No personal seconding will be permitted except at official refreshment stations.

INDEMNITY / WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

MINOR RELEASE: and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

Printed name of participant (*parent/guardian in the case of a minor*) _____

Signature: _____ Date: _____

PARTNERS:



WPA Incentive Race



10Km Race and Fun run

Date: Saturday, 1 June 2019

Venue: University of the Western Cape Sport Stadium

Online entries: www.webtickets.co.za (Closes on 25 May 2019)

Enquiries: Glen Bentley 071 488 8985 or Johannes Kamfer 078 769 3916

To register for this event contact: Glen Bentley 071 488 8985 or email gbentley@uwc.ac.za

FROM HOPE TO ACTION THROUGH KNOWLEDGE.

