



CENTURY CITY EXPRESS
WITH **DISCOVERY VITALITY**
10KM & 5KM



SATURDAY | 2 MARCH 2024 | CENTRAL PARK

10KM EXPRESS | 7:00AM

SNR LICENSED: R120 | SNR UNLICENSED: R170 | JNR LICENSED: R90 | JNR UNLICENSED: R120

5KM FUN RUN | 7:10AM

SENIOR: R90 | JUNIOR: R90 | NO LICENSE REQUIRED

ENTRY FEE INCLUDES COMPULSORY TIMING CHIP

ENTER ONLINE VIA WEBTICKETS: [HTTPS://BIT.LY/49DEVSQ](https://bit.ly/49DEVSQ) | NO ENTRIES ON THE DAY

ONLINE ENTRIES CLOSE: 21 FEBRUARY 2024

RACE PACK COLLECTION: 29 FEB & 1 MAR 2024 10:00AM - 18:00PM

SPORTSMAN WAREHOUSE RONDEBOSCH, TYGERVALLEY, CANAL WALK,

V&A WATERFRONT, SOMERSET WEST & PAARL



SCAN QR CODE
TO ENTER THE
10KM EXPRESS
OR 5KM FUN RUN

SCAN QR CODE
FOR MORE
INFORMATION
ABOUT THE RACE



For **Discovery Vitality** visit

<https://www.discovery.co.za/vitality/western-cape-vitality-run-series>

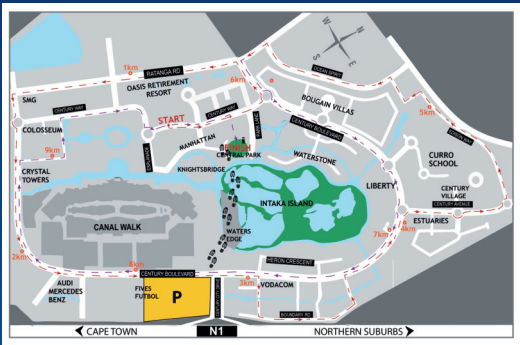
www.facebook.com/CenturyCityZA

www.instagram.co.za/centurycity_za

#CCSFExpress2024

RACE RULES

(1) The race is run according to the rules of ASA & WPA. (2) Runners must obey traffic officers, race marshals, race officials at all times. (3) Nobody under the age of 14 years may participate in the 10km Run. (4) No personal seconding permitted except at official refreshment stations. (5) The time limit is 2 hours for the 10km. (6) Licensed runners should run in club colours and a license valid for 2024 must be worn on the front and back of the vest. Unlicensed runners must purchase a temporary license which is to be worn on the back of the vest. Temporary license holders, when collecting their numbers, must complete and hand in the tear-off strip from the number in order to be eligible to participate. (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, who are identified as any person under the age of 20 by 31 December 2024. One race number (bib) will be issued. Registered athletes must wear their ASA licenses on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA license, so that the ASA license sponsor remains visible. Temporary licensed runners must wear the race number on the front of their vest and the temporary license on the back. (8) Temporary licensed runners to wear plain clothing, no advertising. (9) The use of music players with headphones is not allowed and may result in disqualification. (10) Do not litter. Dispose of any refuse or cups responsibly using the boxes provided or carry them to the finish. Report offenders to the referees. (11) There will be two water refill stations for the 10km and 1 water refill station for the 5km, where cups will be provided. Coca-Cola and water will be available at the end. Water will NOT be provided in sachets. (12) 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. (13) Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office. (14) Wheelchair athletes must please contact the organisers, support@finishtime.co.za, timeously to discuss arrangements for their participation.



THE CENTURY CITY EXPRESS FORMS PART OF THE **DISCOVERY VITALITY RUN SERIES**. EARN UP TO **300 VITALITY POINTS** FOR ENTERING AND COMPLETING THE 5KM, AND UP TO **600 VITALITY POINTS** FOR ENTERING AND COMPLETING THE 10KM PLUS, **500 ADDITIONAL VITALITY POINTS** FOR ANY DISTANCE YOU ENTER AND COMPLETE

By entering this race as a Vitality Member, you hereby agree to share the relevant personal information with Discovery Vitality (Pty) Ltd and authorised third parties for purposes of facilitating your Vitality rewards.

PRIZE MONEY | 10KM MALE & FEMALE

	FIRST	SECOND	THIRD
OPEN	R10 000 + R2 000 CANAL WALK VOUCHER	R1 500 + R1 500 CANAL WALK VOUCHER	R1 000 + R1 000 CANAL WALK VOUCHER
JUNIOR	R700	R500 CANAL WALK VOUCHER	R300 CANAL WALK VOUCHER
40 - 49	R800	R600	R400
50 - 59	R800	R600	R400 CANAL WALK VOUCHER
60 - 69	R800	R600	R400 CANAL WALK VOUCHER
70+	R800	R600	R300 CANAL WALK VOUCHER

