



- ROAD RUNNING "JACKPOT" INCENTIVE RACE
- WPA INCENTIVE RACE
- WESTERN PROVINCE 10KM CHAMPIONSHIPS

McKenna & Scott/Pinelands Athletic Club

# 10km Road Race & 5km Fun Run/Walk

## SUNDAY 4 AUGUST 2019

10km run: 07h30 • 5km start: 07h45

Entry fees: Licenced R60. Unlicenced R100.  
Juniors R50. Unlicenced R75. Fun Run R30

- ★ Online entries open until Tues 30 July 2019 at [www.topevents.co.za](http://www.topevents.co.za) until 12am
- ★ Medals to the first 2 000 – 10km finishers and medals to the first 400 – 5km finishers
- ★ Lots of lucky draw prizes
- ★ Pre-entries and registration for online entrants will be taken at Sportsmans Warehouse Rondebosch on SATURDAY 3 August 2019 from 10am to 3pm.
- ★ Entries and registration for online entrants can be done at the Pinelands Clubhouse on SATURDAY 3 August 2019 from 4pm – 6pm as well as on SUNDAY 4 August 2019 between 6am and 7.30am

The race is run according to the rules of IAAF, ASA and WPA

Lower Oval (Off Forest Drive) GPS coordinates 33° 56' 25.131" S 18° 29' 59.693" E

PRIZE MONEY – 10 KM			
Men & Women	1st	2nd	3rd
14-19	R500	R300	R200
Open	R1 200	R800	R500
40-49	R500	R300	R200
50-59	R500	R300	R200
60-69	R500	R300	R200
70 +	R500	R300	R200
Open Teams (Men and Women) (4 x R200)	R1 200		

### JACKPOT INCENTIVE

- additional & once off offer on top of the current incentive scheme
- payment at end of year as part of current incentive payment scheme
- 3 x slots for men & women

### WPA "Jackpot" Incentive Payment Breakdown: (for registered WPA Senior and Junior Athletes only)

Senior Men	Senior Women	
Sub 29.00	Sub 34.30	R3000.00
Sub 29.30	Sub 35.00	R2000.00
Sub 30.00	Sub 35.30	R1000.00
Junior Men	Junior Women	
Sub 30.00	Sub 35.30	R2000.00
Sub 30.30	Sub 36.30	R1500.00
Sub 31.00	Sub 37.30	R1000.00

### RACE INFORMATION

1. Enquiries – Kaare James 072 444 8082.
2. Enter on race day between 06h00 and 07h30.
3. Race starts and finishes at PINELANDS ATHLETIC CLUB, Lower Oval, Pinelands.
4. Tog bag security will be provided at runners own risk.
5. Manual entry fee is R60.00 and R50.00 for juniors for 10km. R30.00 for 5km Fun Run.
6. Online entry fee is R69.00 and R57.00 for juniors for 10km. R34.20 for 5km Fun Run. Online entries at [www.topevents.co.za](http://www.topevents.co.za) until 12am on Tuesday 30 July 2019.
7. **Fun Run:** Participants younger than 10 years must be accompanied by an adult.
8. Social Walkers are welcome to enter the 10km run. Walkers to start at the back and to keep to the side of the road.
9. Results will be available on [www.wpa.org.za](http://www.wpa.org.za).

### RACE RULES: 10km Run/Walk

1. The race is run according to the rules of ASA & WPA.
2. Runners must obey traffic officers, race marshals and race officials at all times.
3. Participants must be 14 years of age or older on race day.
4. No personal seconding permitted except at official refreshment stations.
5. The time limit is 120 minutes. Cut off 09h30.
6. Licensed runners should run in club colours and a licence valid for 2019 must be worn on the front and back of the vest or purchase a temporary licence to be worn on the front of the vest. Temporary licences will be available at registration. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
7. Temporary licensed runners to wear plain clothing, no advertising.
8. Age category tags must be worn (front & back) and visible for the entire race to be eligible for any age category prizes including Juniors.
9. No race numbers will be issued.
10. The use of music players with headphones is not allowed and may result in disqualification.
11. Entry cards must be carried throughout the race and handed in at the finish.
12. 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
13. Water and Coke will be available along the route and at the finish.
14. Entrants participate at their own risk.
15. Prize giving will be soon after 09h15.
16. Participants take part at their own risk and the organisers, sponsors and WPA will not be held responsible for any accident or injury resulting from the athlete's participation.
17. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
18. Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.
19. Eats and refreshments will be on sale.
20. R2 of each entry fee will be donated to Red Cross Childrens Hospital.

### PRIZES

1. 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 vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
2. 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.
3. Juniors born 2000 or later, must display age tags "J" to qualify for age group prizes. Juniors will count towards Open team prizes.
4. Licences valid for 2019 must be worn front and back of vest and Club colours must be worn to qualify for team prizes.



**WESTERN PROVINCE ATHLETICS**  
Race flyers and results  
[www.wpa.org.za](http://www.wpa.org.za)  
wpa-subscribe@yahoogroups.com

