

KHAYELITSHA ATHLETICS CLUB

10KM / 10KM WALK & 5KM WINTER LEAGUE & INCENTIVE RACE

MEDALS TO ALL FINISHERS AND FANTASTIC LUCKY DRAW PRIZES

SUNDAY 25 AUGUST 2019

START/FINISH

MANDELA PARK STADIUM, MAKHAYA. KHAYELITSHA

START TIME

10KM RUN: 7H30AM ; 10KM WALK: 7H45AM; 5KM: 8H00AM

ENTRY	LICENCED	UNLICENCED
10km Run/Walk	R60	R100
10km Juniors Run/Walk	R30	R55 (Temp price R25)
5km Fun Run	R20	



KAC



KHAYELITSHA
athletic club



**WPA Winter
Team Challenge
2019**

RACE RULES

- The race is run in accordance with the rules of WPA and ASA.
- Temporary Licences will be available at registration. When registering participants with a temporary number must complete and hand tear off strip from the number in order to be eligible to compete.
- Do not litter. Dispose of sachets responsibly by using boxes provided. Report of offenders to the referees #RUN CLEAN.
- Detailed rules are available on www.wpa.org.za , or on request from the organizers or the WPA office.
- Cut off times 2hrs from start of race.
- In addition to overall (open) prizes, participants will only be eligible for age category prizes that they enter .Corresponding numerical age category or junior tags must be worn on the front and back of their vests and be visible for the entire race to be eligible for any category prizes. Participants may enter the age category corresponding to their chronological age or any younger category down to senior. This also applies to temporary licensed participants, they should also provide proof of age.
- Participants must be 14 years for the 10km , for the fun run the minimum is 10 years unless accompanied by an adult.
- No personal seconding will be permitted except at official refreshment stations.
- Unlicensed athletes must run with clothing without advertising and must purchase a temporary license that must be worn on the front of the vest.
- Entry cards must be carried for the entire duration of the race and handed in at the results board at the finish. Participants without an entry card may be disqualified.
- Prize giving starts at 9h30.
- No race numbers will be issued.
- The use of music players with headphones is not allowed and may result in disqualification.
- Tog bag facilities at own risk.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- Juniors (born in 2000 or later) wearing a senior or junior license must display category tags "J" to qualify for age groups prizes.
- League walk, 10km walk will be held in accordance with the rules of WPA and ASA. This will form part of the WPA league walk series.
- The organisers and sponsors accept no responsibility for injury or accident resulting from participation in the race.
- 10km Social walkers welcome.
- Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear appropriate age tags and provide proof of age.
- Age category tags must be worn **BACK AND FRONT** and visible for the entire race to be eligible for any age category prize including Juniors.
- No running allowed in the 10km walk, judges will be on the route.

PRIZES (MEN AND WOMEN)

	14-19	Open	40-49	50-59	60-69	70+	Walk
1st	R400	R600	R300	R300	R300	R200	R300
2nd	R300	R400	R200	R200	R200	R100	R200
3rd	R200	R300	R100	R100	R100	R50	R100

