

# THE LAGUNA MALL

L A N G E B A A N

Laguna Mall

10km Road Race and 5km Fun Run/Walk

Sponsored by:



*Enjoy every moment*



## Saturday 20 April 2024

Venue: Laguna Mall, Langebaan

Registration from 06:30

Starting time

10km - 08:00

5km - 08:10

Medals to 1st 400 in 10km and 5km completing the races.

Entries: At venue on race day

- 10km @ R100.00, temporary licence @ R40.00
- 10km 70+ category, free entry, temporary licence @ R40.00
- 5km @ R30.00

Social walkers welcome!

Lucky draw prizes for both 5 and 10km at 10:00

Race information and enquiries:

Shoneen Wendzich

Cell number: 083 399 2651



## Race Rules

1. The race is run in accordance with the rules of ASA and Boland Athletics.
2. Registered athletes must wear their 2024 ASA license numbers on the front and back of their vest. Temporary licensed runners must wear the temporary license number on the front of their vest.
3. The minimum age of 10 km competitors on the day of the race is 14 years, proof of age must be produced on request on race day.
4. Temporary licenses will be available at registration. When registering, participants must complete and hand in the tear-off strip to be eligible to compete.
5. No personal seconding allowed, except at official refreshment stations.
6. Proof of age for prize winners may be required and to be presented to referees before prize giving. Prizes will be withheld until age is confirmed.
7. 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 at 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.
8. 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.
9. Juniors born in 2005 or later, must display age tags 'J' to qualify for age group prizes.
10. Runners must obey traffic officers, race marshals and race officials at all times.
11. No blade, cyclist or mechanically operated devices allowed in the race.
12. No refunds will be entertained.
13. Prize winners are requested to stay for the prize giving at 10:00.
14. Fun Run participants younger than 10 years must be accompanied by an adult.
15. 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. #Run Clean.
16. For safety reasons the use of personal music players with headphones is not allowed. Use of such device is in contravention of ASA rule 34.10.6 and may result in disqualification.
17. A tog bag area will be available.
18. The cut-off time for 10km is 2 hours.
19. Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.
20. Liability: participants in this event do so at their own risk and release and discharge the organizers, sponsors, provincial and national athletic 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.
21. Licensed athletes should run in club colors. Temporary licensed athletes to wear plain clothing, no advertising.
22. Entry cards must be carried throughout the race and handed in at the finish.

### 10km

<b>Open, Men &amp; Women</b>	1	R500.00
	2	R300.00
	3	R200.00
<b>40 - 49 Men &amp; Women</b>	1	R200.00
	2	R150.00
	3	R100.00
<b>50 – 59 Men &amp; Women</b>	1	R200.00
	2	R150.00
	3	R100.00
<b>60 – 69 Men &amp; Women</b>	1	R200.00
	2	R150.00
	3	R100.00
<b>Juniors, Men &amp; Women</b>	1	R200.00
	2	R150.00
	3	R100.00
<b>70+ Men &amp; Women</b>	1	R200.00
	2	R150.00
	3	R100.00

Entries will be taken at the venue from 06:30.  
 10km @ R100.00. Temporary license @ R40.  
 70+ age category - free entry. Temporary license @ R40

Prize giving will be at 10:00  
 5km @ R30.00