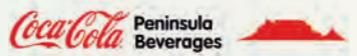


## Rules for 10 km & 21 km

- The race is run according to the rules of ASA and WPA.
- Participants must be 14 years of age or older on race day for the 10 km race and 16 years or older for the 21 km race.
- One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible.
- Temporary licensed runners must wear the race number on the front of their vest and the temporary licence on the back.
- Temporary licence holders when registering must complete and hand in the tear-off strip from the number in order to be eligible to compete.
- Licensed athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licensed athletes must run in clothing without advertising.
- 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.
- In 2019, Juniors are defined as anyone born in 2000 or later (under the age of 19 at year-end).
- Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish. Race times will not be issued if entry cards are not handed in.
- Prize-giving: 10 km – 09:45 & 21 km – 10:45
- Cut-off times: 10 km – 09:30 & 21 km – 10:30
- 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.
- The use of music players with headphones is not allowed and may result in disqualification.
- Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers prior to the race to discuss arrangements for their participation.
- Tog bag facilities are available at own risk.
- To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.
- **DISCLAIMER:** 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.
- In addition to Overall (Seniors) 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.
- 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.
- 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 Seniors team prizes.
- No personal seconding will be permitted, except at official refreshment stations.
- No runners will be allowed to start a race after the official starting times.



**Riël Hauman**  
10 km  
race ambassador



WESTERN PROVINCE ATHLETICS



## Enquiries

**General:** André - 021 903 0434 or [andre@jankriel.co.za](mailto:andre@jankriel.co.za) or visit [www.medihelp.co.za/events](http://www.medihelp.co.za/events).

**Running:** Estelle - 073 313 1668

**Entries:** Chris - 021 903 0434 or [events@jankriel.co.za](mailto:events@jankriel.co.za)



**medihelp**  
medical scheme



**tekkie**  
CHALLENGE

# Saturday, 7 September 2019

## Jan Kriel School, Kuilsrivier



Charity in aid of children with special educational needs.

**NEW 21 km** | **10 km** | **5 km**  
Battle of the sexes

Online entries: [www.racetraaq.co.za](http://www.racetraaq.co.za)

Closing date for pre-entries: Wednesday, 28 August 2019

Late and race-day entries available

Medihelp is an authorised financial services provider (FSP No 15738)





## Starting time:

21 km : 07:00  
 10 km : 07:30 for women\*  
 5 km : 07:45

No late starts to be accommodated.  
 \* Men will have a later start time to be determined on race day.

### Enter online:

- Closing date for online entries is Wednesday, 28 August 2019 at midnight.
- Should you have enquiries about entering online, please email web-query@racetra.co.za.
- Please note: If payment is not received within 7 days of entry, your entry will be deleted.

### Fax:

- Fax entry form with deposit slip to 021 903 9007.
- Closing date for faxed entries is Wednesday, 28 August 2019 at midnight.

### Manual entries:

- Hand-deliver your entry form and cash/proof of EFT payment at the offices of the Jan Kriel Institute, School Street, Kuilsrivier.
- These offices will be open for entries from 08:30 – 13:30 Monday to Friday.
- Closing date for manual pre-entries is Wednesday, 28 August 2019.

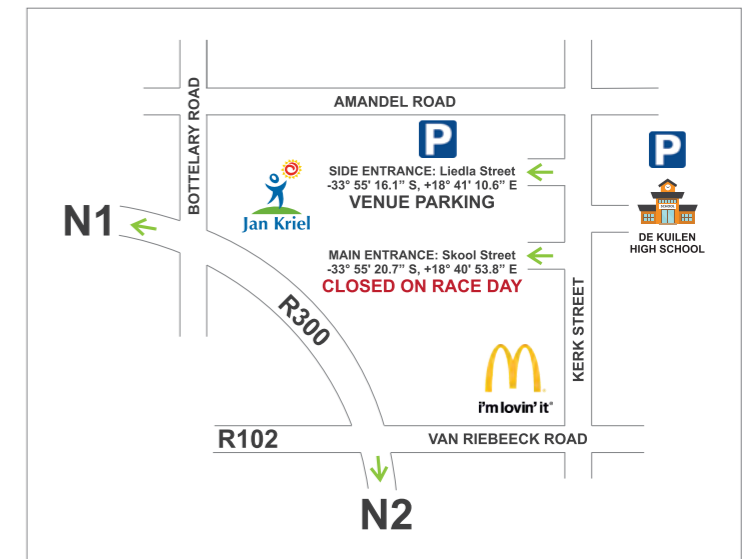
### Late entries:

- Late manual entries will be accepted on Friday, 6 September 2019, at Jan Kriel School hall between 14:00 and 18:00.
- 5 km and 10 km race-day entries will be accepted on Saturday, 7 September 2019, from 06:00 until 15 minutes prior to each start.
- No 21 km race-day entries will be accepted.

### Confirmation of entry:

- Pre-entries may be collected at Jan Kriel School hall on Friday, 6 September 2019, from 14:00 – 18:00 and on race day from 06:00.
- Faxed, emailed and online entries will receive confirmation via email or SMS.
- Please bring along proof of entry, either email or SMS confirmation and name and surname, when you collect your race number.

## Parking



- Come early to avoid traffic delays at entrance gate. Gate opens at 05:30.
- Follow directions from Kerk Street to the entrance for parking. Parking at Jan Kriel free, parking at De Kuilen High School R20.
- Security guards will be on duty from 06:00.
- Access to parking will be closed temporarily for the start of the races.

### Deposit details:

**Jan Kriel Institute**  
**BANK:** ABSA (branch 632005) | **ACCOUNT:** 3010 141 566  
**REFERENCE:** Tekkie + Surname + Initial  
 Entry fees are non-refundable and will be donated to Jan Kriel Charity.

## Entry form 2019

Official race number	<input type="text"/>	Event (Please tick)	<input type="checkbox"/> 21 KM	<input type="checkbox"/> 10 KM	<input type="checkbox"/> 5 KM		
Age category (10 km and 21 km)	<input type="checkbox"/> JUNIORS 14-19 (10 km only)	<input type="checkbox"/> JUNIORS 16-19 (21 km only)	<input type="checkbox"/> SENIORS	<input type="checkbox"/> 40-49	<input type="checkbox"/> 50-59	<input type="checkbox"/> 60-69	<input type="checkbox"/> 70+
First name	Surname						
ID number	Nationality						
Date of birth	Age	Gender					
Postal address							
					Postal code		
Email address							
Landline	Cell phone						
Club	2019 licence number						
Medical aid	Membership number						
Emergency contact	Cell phone						

Complimentary buff to all pre-entries (and late entries, while stocks last) | Collection on Friday, 6 September at Jan Kriel School between 14:00 and 18:00 for all entries  
 Children under the age of 10 years must be accompanied by a parent/guardian

## Fees

10 km licensed	R70,00	21 km licensed	R110,00
10 km unlicensed	R110,00	21 km unlicensed	R170,00
10 km licensed Jnr	R50,00	Jan Kriel charity donation	
10 km unlicensed Jnr	R75,00	<b>TOTAL AMOUNT</b>	
5 km Fun Run	R40,00	Service fee is charged when entering online.	

I agree to abide by the rules of the event. I will participate in the event at my own risk. I indemnify all national and provincial bodies, local authorities, sponsors and organisers of the event against any action or claim of whatsoever nature which may result from my participation in this event.

Signature

Parent/Guardian signature (if under 18)

Date

## Prizes: men and ladies

### 5 KM: LUCKY-DRAW PRIZES

Place your tear-off slip in the box at the prize-giving stage

10 km	1st	2nd	3rd	21 km	1st	2nd	3rd
Open	R1 000	R500	R300	Open	R1 200	R700	R500
Juniors	R400	R300	R200	Juniors	—	—	—
40 - 49	R400	R300	R200	40 - 49	R600	R400	R250
50 - 59	R400	R300	R200	50 - 59	R600	R400	R250
60 - 69	R400	R300	R200	60 - 69	R600	R400	R250
70+	R400	R300	R200	70+	R600	R400	R250
Teams (open)	R100 x 4			Teams (open)	R200 x 4		

10 km Battle of the sexes: Overall winner receives a R500 BONUS PRIZE