



OMMIEDRAAI

ATHLETES • RUNNERS • FRIENDS



SUNDAY 8 SEPTEMBER 2019

10KM RACE WPA WINTER LEAGUE



- **10km RACE**
- **10km WALK**
- **5km FUN RUN**

ROSMEAD SPORTS GROUNDS,
LOCH ROAD, KENILWORTH

HOW TO ENTER

- Online entries: www.webtickets.co.za
Entries open 1 August 2019 and close at midnight 1 September 2019
- Manual entries and online entry collection:
Kenilworth Centre
Friday 6 September 2019 15h00 – 20h00
Saturday 7 September 2019 10h00 – 17h00
Race Day – 05h30am till the start of the race
- Bulk Entries: ommiedraai@gmail.com

RACE TIMES

- 10km Run – 07h00
- 10km Walk – 07h10
- 5km Fun Run – 07h15

ENTRY COSTS

- Online Licensed R60
Online Temp R100
- Online Licensed Junior R40
Online Temp Junior R65
- Manual Licensed R70
Manual Temp R110
- Manual Licensed Junior R50
Manual Temp Junior R75
- Licensed 70yr+ FREE – On race day only
Unlicensed 70yr+ R30 – On race day only
- Fun Run R30

Parking at Kenilworth Centre (KC)

INFORMATION

Race queries to be directed to Wasfi Adams on 076 371 4089, Waleed Samsodien on 084 603 3155 or Kaashiefa Anthony on 082 924 5339. Alternatively email race queries to ommiedraai@gmail.com.

PRIZE MONEY

10KM RUN & LEAGUE WALK

Equal prize money for Male and Female Athletes.

Category	1st	2nd	3rd
Junior	R500	R400	R300
Open	R1500	R1000	R750
40-49	R500	R400	R300
50-59	R500	R400	R300
60-69	R500	R400	R300
70+	R500	R400	R300
10km League Walk	R300	R200	R100
Teams	4 x R300	4th & 5th for juniors only – R300 each	

KING & QUEEN OF THE HILL

R500 awarded to first male and female to summit the famous race hill (approx. summit distance – 5.5km) and finish in the top 5.

Additional R2500 in cash will be awarded to the first male and female finishers sponsored by Kagiso Asset Management.

ENTRY RULES

- The race is run according to the rules of ASA and WPA.
- Participants in the 10km must be 14 years of age or older. Participants in the 5km must be 10 years of age or older unless accompanied by an adult.
- Race numbers (bibs) will not be issued. All registered athletes must wear two valid license numbers. Unregistered participants must purchase a Temporary License which must be worn on the front of the vest.
- Temporary license holders when registering **MUST** complete and hand in the tear off strip from the number to be eligible to compete.
- Licensed athletes should wear club colours. Temporary licensed athletes must run in clothing without advertising.
- To qualify for team prizes, athletes must wear full club colours and participate with a permanent license.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- Entry cards, when issued, must be in the athlete's possession during the race and handed in at the results board at the Finish.
- Cut off for all races is at 08h45. Prize-giving is at 08h50.
- 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 will result in disqualification.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- A tog bag area will be available at own risk.
- 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 Open team prize.
- No personal seconding will be permitted except at official refreshment stations.
- Liability: The organizers and sponsors accept no responsibility for injury or accident resulting from participation in the race.
- 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 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.

