

Saturday 1 June 2024 @ 7:00AM

ast & Flat

UWC Campus, Robert Sobukwe Road, Bellville

Fun Run @ 7:20 AM

10km Licenced Senior 10km Licenced Junior R90 **R60** 10km Unlicenced Senior R140 10km Unlicenced Junior **R80 Fun Run Senior Fun Run Junior** 6km 6km **R50** R30 10km Licenced Senior 10km Licenced Junior R100 R70 10km Unlicenced Senior 10km Unlicenced Junior R150 **R90 Fun Run Senior Fun Run Junior** 6km **R60** 6km **R40**

Online entry

www.webtickets.co.za

(closing date midnight 28th May 2024)

Manual entry:

Race card collection: 30-31 May 15:00-19:00 at the stadium

Race collection venue: Manual entries on the day: 05:00 at the student centre,

Cash, Card and Snapscan Facilities available.



Bonus: R3000 for the course record









10km Race rules in accordance with the rules of ASA & WPA

- The race is run according to the rules of WA, ASA and WPA.
- Participants must be 14 years of age or older to qualify for the 10km race. Participants under the age of 10 years qualify for the 6km Fun Run and must be accompanied by an adult.
- Race numbers (bibs) will not be issued. All registered athletes must wear two valid licence numbers.
 Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
- 4. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Licenced athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced 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.
- 7. In 2024 Juniors are defined as anyone born in 2005 or later. (Under the age of 20 at year end).
- **8.** Entry cards, must be in the athlete's possession during the race and handed in at the results board at the Finish.
- **9.** Prize-giving is at 9am.

R300

5th

R300

10. 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.

- **11.** The use of music players with headphones is not allowed and may result in disqualification.
- **12.** Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- **13.** Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation
- **14.** To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.
- **15.** Running cut-off time will be 9am for both 10km race and 6km fun run.
- **16.** Medals will be issued for the first 1300 finishers of the 10km race and the first 500 finishers of the 6km fun run.
- **17.** Tog bag facility will be available from 5am.
- 18. 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.

Goodie Bags to the first 500 online entries

PRIZES MEN AND WOMEN

	Senior		Junior		40-49		50-59		60-69		70+	
	М	W	М	W	М	W	М	W	М	W	М	W
1st	R2500	R2500	R750	R750	R750	R750	R500	R500	R500	R500	R500	R500
2nd	R1000	R1000	R500	R500	R500	R500	R400	R400	R400	R400	R400	R400
3rd	R750	R750	R400	R400	R300	R300	R300	R300	R300	R300	R300	R300
4th	R500	R500										