



PRESENTED BY



Goody bags to the first 500 online entries at **NO EXTRA COST** for the 10Km Race



# 10km Road Race

(Walkers Welcome)

## & 5km Fun Run

A special shield to all participants finishing under 60 minutes in the 10km Race and thereafter medals to all finishers.

Medals to all 5km finishers.

### Start & Finish

Fairmount High School Klip Road Grassy Park

### Starting Times:

10 Km Run – 06:30 • Fun Run - 06:50 am

#### ENTRIES AND REGISTRATION:

Sportsmans Warehouse Rondebosch -

Friday 4<sup>th</sup> October from 15:00 – 18:00

Saturday 5<sup>th</sup> October from 10:00 – 17:00

Fairmount High School Klip Road Grassy Park -

Friday 4<sup>th</sup> October from 15:00 – 18:00

Saturday 5<sup>th</sup> October from 10:00 – 17:00

For Bulk Entries call our secretary on 072 122 4002

Card facilities, including Masterpass (Cellphone Payment Facility) will be available at all Venues.

Race day from 05:00 until 15 minutes before the starting times

#### PRE ENTRIES:

No extra costs for online entries. Payments can be done at any participating Pick 'n Pay Store. Online entries - [www.webtickets.co.za](http://www.webtickets.co.za) • Online Entries close on Wednesday 2<sup>nd</sup> October 2019.

#### RACE ENQUIRIES:

Zahid Ebrahim 083 454 3708 • Adielah Samodien 072 122 4002 • Gasina Bassier 083 415 7257

# Prizes : 10km - Men and Women

Prize giving starts at 08:15

Equal prize money for men and women

Spot prizes worth thousands!

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
JUNIORS (14-19)	700	500	400	200	100
OPEN	1100	800	500		
VETERAN (40-49)	800	500	300		
MASTER (50-59)	700	400	300		
GRAND MASTER (60-69)	500	400	300		
G GRAND MASTER 70 +	500	400	300		
SENIOR TEAM	4 X 250				
JUNIOR TEAM	4 X 100				

## Liability:

- The organizers, WPA and sponsors accept no responsibility for injury or accident resulting from participation in the race.
- A tog bag area will be available at own risk.
- For your own safety – be visible

## Entry Fees:

- Licenced Athletes R70
- Unlicenced Athletes R110
- Licenced Athletes Juniors R50
- Unlicenced Athletes Juniors R75
- 5Km Fun Run R30
- OVER 70 FREE (Entering on the day) Temporary licence R40

## Special Challenges

### Mass participation (min of 50 runners)

The club with the highest percentage finishes as per league rules will be awarded with R3000! (The prize will be awarded when the results are available)

### Male & Female Fastest Bus Trophy Challenge

- The Fastest male bus of 10 runners (in the same club colours), finishing TOGETHER
- The Fastest female bus of 10 runners (in the same club colours), finishing TOGETHER

## Race Rules

1. The race is run in accordance with the rules of ASA and WPA
2. Temporary licences will be available at registration. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
3. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carry them to the finish. Report offenders to the referee. #RunClean
4. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organizers or the WPA office.
5. Cut-off times: 2hrs from the start of the race.
6. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter.
7. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any category prize.
8. Participants must be 14 years or older on the day of the race.
9. 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.
10. Juniors (born from 2000 onwards) wearing a junior or senior license must display category tags "J" to qualify for age group prizes. Juniors only count for the junior team prize and do not count for the Senior team.
11. No personal seconding will be permitted except at official refreshment stations.
12. Club colours must be worn to qualify for team prizes.
13. Licenced athletes should wear club colours and must display a valid 2019 licence number on the front and back of their vest.
14. Unlicenced athletes must run in clothing without advertising and must purchase a temporary licence that must be worn on the chest.
15. Entry cards must be carried for the duration of the race and handed in at the results board at the Finish. Participants without an entry card may be disqualified.
16. Prize giving starts at 08h15.
17. No Race numbers will 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
18. The use of I music players with headphones is not allowed and may result in disqualification.
19. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

## Sponsors

## Beneficiaries



The Alfa Bodyworks ARD Athletic Club would like to thank all those individuals and organisations who contribute to the success of the 3 Vlei Race.