

# Protea Toyota Bellville

## BAKgat 10km



Presented by Bellville Athletic Club

([www.bellvilleac.blogspot.com](http://www.bellvilleac.blogspot.com))

In memory of Phil Pansegrouw



5km Fun Run presented by Bellville High School



# Protea Toyota

189 Voortrekker Road, Bellville

Tel : 021 946 3324

Wednesday, 16 October 2019 at 18h15. Fun Run starts at 18h30 .

**New venue : Bellville High School** , c/o Feinauer street & Old Paarl Rd, Bellville  
(Entrance to parking ONLY from Feinauer - & Belmont street)



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.

Race organised in accordance with rules and regulations of ASA and WPA.

The organizers, sponsors and WPA accept no responsibility for injury or accident resulting from participation in the race.



WESTERN PROVINCE ATHLETICS

Race flyers and results  
[www.wpa.org.za](http://www.wpa.org.za)  
[wpa-subscribe@yahoogroups.com](mailto:wpa-subscribe@yahoogroups.com)



**REGISTRATION:**

- Pre-Entries: 16h00 – 20h00, Tuesday 15<sup>nd</sup> October 2019
  - Protea Toyota Bellville, 189 Voortrekker Road, Bellville
  - Tel : 021 946 3324
- Entries from 17h00 on race day

**RACE RULES & INFORMATION:**

- Cut off time is 1 hour 45 minutes. (Slower runners are advised to use headlamps)
- 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 and be visible for the entire race. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Temporary licensed athletes:
  - are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
  - must run in plain coloured clothing without advertising with the temporary license number on the front of the vest.
  - when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Juniors (born from 2000 onwards) must display age category tags “J” to qualify for age category prizes. Juniors will count towards Open team prizes.
- No personal seconding will be permitted except at official refreshment stations.
- Participants must be 14 years of age or older on race day.
- Club colours must be worn to qualify for team prizes.
- All registered athletes must wear two licence numbers valid for 2019 on the front and back of the vest. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
- Entry cards must be in the athlete’s possession during the race and handed in at the results board at the Finish.
- Tog bag facilities will be available at own risk.
- No race numbers will be issued.
- The use of music players with headphones is not allowed and may result in disqualification.
- Prize giving & Lucky draw at 20h15.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

**ENQUIRIES:**

Mike Strohman: cell 082 491 2854  
 e-mail: [tparty@telkomsa.net](mailto:tparty@telkomsa.net)

Pieter Carstens  
 e-mail: [pcarstens99@gmail.com](mailto:pcarstens99@gmail.com)

**MEDALS:10 Km** (to the first 1 000 finishers)

GOLD: First 10 Men & 10 Women

**Fun Run** (To the first 400 finishers)

SILVER: Next 100 athletes

BRONZE: up to 1 000

**ENTRY FEE:**

Licensed Athletes R70 (Juniors R50)

Fun Run R30

Unlicensed Athletes R110(Juniors R75)

**ROUTE:**

Flat route, run through Chrismar,Blommendal & Belair neighbourhoods.

**REFRESHMENTS:**

Food stalls, snacks and will be provided next to the registration area. Please **do not** bring own alcohol onto the premises.

**PRIZES: Men & Women**

AGE	1st	2nd	3rd
14 - 19	R 350	R 250	R 200
Open	R 750	R 500	R 400
40 - 49	R 500	R 400	R 200
50 - 59	R 400	R 300	R 200
60 - 69	R 400	R 300	R 200
70+	R 300	R 250	R 200
Open Team	4 x R150		

Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.