

Medals To The First 800 Finishers



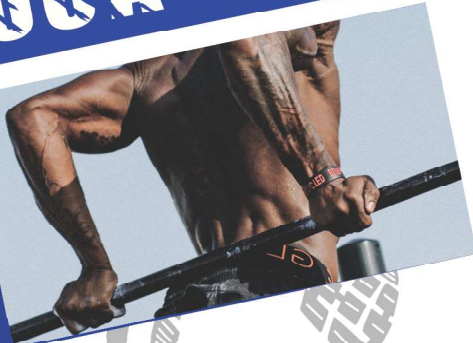
Lucky draw prizes up for grabs!

ELSIES RIVER 10K WALK/RUN

WPA 2024-2025 LEAGUE EVENT

Senior

Licensed: 100
Unlicensed: 150
Licensed 70+ : Free
Unlicensed 70+ : R50



Junior

Licensed: R50
Unlicensed: R80

Saturday
03 Aug
Start: 7 AM

Venue: Salberau Sport Complex

Registration on Race day

For more info: John 078 248 3735 - Bertram 082 398 7148



ROAD RUNNING LEAGUE



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



Registration On Race Day - Cash Only

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Entry Rules

1. The race is run according to the rules of ASA and WPA.
2. Participants must be 14 years of age or older on race day.
3. 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.
5. 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.
6. 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. Cut-off time is 09h00 and Prize-giving is at 09h00
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. There will be two water stations at 3km and 7km as well as water & Coca-Cola at the finish.
12. The use of music players with headphones is not allowed and may result in disqualification.
13. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
14. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
15. **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.

Prize Money Age Category	1 st Place	2 nd Place	3 rd Place
Open	R 750	R 500	R 300
40 - 49	R 400	R 300	R 200
50 - 59	R 400	R 300	R 200
60 - 69	R 400	R 300	R 200
70 +	R 400	R 300	R 200
Junior	R 400	R 300	R 200

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Directions

From N2 Cape Town

1. Head southeast on Settlers Way/N2 towards Somerset West
2. Take exit 15 for M10/Modderdam Road
3. Merge onto Robert Sobukwe Rd/M10
4. Turn left onto Valhalla Dr/M47
5. Turn right onto Balvenie Ave
6. Turn left onto Neptune St
7. Turn left onto Galaxy Way

From N1 Paarl

1. Follow N1 to Giel Basson Dr/M12 towards Cape Town.
2. Take exit 16 from N1
3. Turn left onto Giel Basson Dr/M12
4. Turn right onto Frans Conradie Dr/M25
5. Turn left at the 1st cross street onto Hugo St
6. Continue onto Halt Rd
7. Continue straight to stay on Halt Rd
8. Turn right onto Grand Vue Ave
9. Turn left onto Neptune St
10. Turn right onto Galaxy Way

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