

# Art & Office

#TheTeachers Choice

Artes

# Edgemean

# 10km

**SATURDAY,  
16 NOVEMBER '19**  
WPA Incentive Race

## Venue: Edgemean High School Letchworth Drive

### 10km Run

#### Licensed Athletes

Entry fee

**R60**   **R50**   **FREE**  
Seniors   Juniors   70+

**Start time 06h30 cut off time 08h30**

#### Unlicensed Athletes

Entry fee

**R100**   **R75**   **R40**  
Seniors   Juniors   70+

### 5km Fun Run R40

Entry fee

**Start time 07h15 cut off time 08h30**

Entrants participate at their own risk and the sponsors and organisers will not accept liability for injuries, illness or accidents during or as a result of the race.

## Pre-Enter Online at [www.webtickets.co.za](http://www.webtickets.co.za)

Pre-entries close at 12h00 on 13 November 2019.  
Late entries will be taken on 15 November from 16h00 till 19h00 and 16 November from 05h30 until 06h15 at Edgemean High School  
Tog bag facilities will be provided



## Free goodie bag to all finishers

First male runner to break 29:30 minutes will secure a **R3 000.00** bonus each  
First female runner to break 33:00 minutes will secure a

### SUPPORT THE FIGHT AGAINST CANCER

Cancer is everyone's fight, so get club members, friends, families and communities involved because together, we can make a real difference.

R10 of every entry fee will go to support CANSA in support of their fight against Cancer



# 10km Run Prize Money

Don't look back... you're not going that way

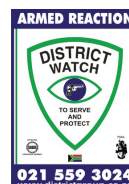
	JUNIOR	OPEN	40-49	50-59	60-69	70+	Team Prize
<b>1st</b>	<b>R800</b>	<b>R1000</b>	<b>R500</b>	<b>R500</b>	<b>R500</b>	<b>R400</b>	<b>4</b>
<b>2nd</b>	<b>R500</b>	<b>R700</b>	<b>R400</b>	<b>R400</b>	<b>R400</b>	<b>R300</b>	<b>x</b>
<b>3rd</b>	<b>R300</b>	<b>R500</b>	<b>R300</b>	<b>R300</b>	<b>R300</b>	<b>R200</b>	<b>R150</b>

## RACE RULES



WESTERN PROVINCE ATHLETICS

- The race is run according to the rules of IAAF, ASA and WPA.
- Minimum age for competitors:  
10km run: 14 years or older on race day.  
5km fun run/walk: toddlers and children under the age of 10 year old must be accompanied by an adult.
- Licensed runners should wear both 2019 license numbers (front & back), and must wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
- Runners who purchase a temporary license must wear it on the front of their vest or t-shirt.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete and be eligible for category prizes.
- Age category tags (eg. J, 40, 50, 60 etc.) must be worn (front and back) and visible for the entire race to be eligible for any age category prize. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear appropriate age tags and provided proof of age.
- Cut-off times:
  - 10km Run: 08:30 (2 hours)
  - 5km Fun run: 08:30 (1 hour and 15 min)
- Entry Cards must be in the athletes possession during the race and must be handed in at the results board to ensure time is recorded and eligibility for category prizes.
- Only entrants at prize giving will be eligible to win lucky draw prizes.
- Prize giving will start at 08h30
- 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 tags must be worn on the front and back of the club vests. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Juniors (born 2000 or later) must display age "J" tags front and back to qualify for age group prizes.
- The participant indemnifies the club, its members, sponsors, organizers and WPA of any injury, damage, loss or illness which may occur during the event.
- Runners must obey Traffic Officers, Race Officials and Race Marshals at all times.
- No personal seconding will be permitted, except at official refreshment stations.
- Refreshment stations will be provided at regular intervals in accordance with the rules of ASA and WPA.
- No race number will be issued.
- Results will be sent to clubs and be available on [www.wpa.org.za](http://www.wpa.org.za)
- 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 may result in disqualification.
- Detailed rules are available on [www.wpa.org.za](http://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.



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