

# Saturday 30 November 2019

Cape Peninsula University of Technology (Bellville South Campus) - Old PenTech

**R10 of every entry will go towards CANSA**

## PHOENIX AC

Rise Against Abuse



Registration Options  
Online: **WEBTICKETS**  
Bulk: Club or Group Registrations  
Manual entries:  
(on the morning of the race - 05:00 - 06:20)



# 10K ROAD RACE

## + 5km Fun Run/Walk

Medals: for all finishers

Start time: 10km Challenge – 06:30 AM, 5km Fun Run – 07:30 AM

Cut-off time: ALL events – 08:30 AM

10km Challenge: R60.00 Licensed Athletes - Juniors = R 30.00

R100.00 Unlicensed Athletes - Juniors = R 50.00

Fun Run/Walk: R30.00 Adults - Juniors = R 20.00

**- Race is run in accordance with ASA and WPA rules – Social walkers are welcome –**

RACE INQUIRIES: DERRICK 081 406 6366, CARLTON 076 481 0563 OR LIONEL 081 421 3377, EMAIL: [LSAMUELS2108@GMAIL.COM](mailto:LSAMUELS2108@GMAIL.COM)





# WESTERN PROVINCE ATHLETICS JACKPOT INCENTIVE RACE \* Details on WPA Website

Senior Men	Senior Women		Junior Men	Junior Women	
Sub 29.00	Sub 34.40	R3000.00	Sub 30.00	Sub 35.30	R2000.00
Sub 29.30	Sub 35.00	R2000.00	Sub 30.30	Sub 36.30	R1500.00
Sub 30.00	Sub 35.30	R1000.00	Sub 31.00	Sub 37.30	R1000.00

**Spot Prizes To Be Won!**

## PRIZE MONEY

Men	Women	
4xR250	4xR250	Team Prize

**Prize-giving to be held at 09:00 AM.**

OPEN/MEN	FIRST	SECOND	THIRD
OPEN/WOMEN	FIRST	SECOND	THIRD
OPEN	R900	R700	R550
40-49	R600	R500	R400
50-59	R400	R400	R300
60-69	R300	R250	R200
14-19	R500	R400	R300
70 +	R150	R100	*

### Race Information:

- Registration at Cape Peninsula University of Technology grounds
- from 05:00 to 06:20
- All entrants must follow the instructions of the Race Marshals.
- Social walkers are welcome.
- The route is flat and fast.
- Tog bag facilities are available at own risk.

### Registration Options

**Online:** WEBTICKETS  
**Bulk:** Club or Group Registrations  
**Manual entries:** (on the morning of the race - 05:00 - 06:20)

### Rules of the race:

- Licensed athletes must run with 2019 licenses on back and front of the club vest.
- Entrants in the 10km event must be 14 years or older on the day of the race to enter.
- 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 the back of the club vest.
- Participants may enter the age category corresponding to their chronological age or any younger category down to Senior.
- 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.
- Temporary numbers should be worn on the chest.
- Juniors born in 2000 or later. (Juniors are defined as anyone born in 2000 or later. "Under the age of 19 at year end")
- Licensed athletes should wear club colours. Club colours must be worn to be eligible for club team prizes.
- Temporary licensed athletes must run in clothing without advertising. -Unregistered participants must purchase a Temporary License which must be worn on the front of the vest. -Temporary license holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- All registered athletes must wear two valid ASA license numbers.
- No personal seconding will be allowed en route except at official refreshment stations.
- Entry cards must be in the athlete's possession during the race and handed in at the results board at the Finish.
- All race officials and traffic authorities must be obeyed.
- Please do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carry them to the finish, and report offenders to the referees.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- The use of music players with headphones is not allowed and may result in disqualification.
- Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.

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



*Race enquiries: Derrick 081 406 6366, Carlton 076 481 0563, Lionel 081 421 377, or Email: [Isamuels2108@gmail.com](mailto:Isamuels2108@gmail.com)*

**Disclaimer: All runners undertake to participate at their own risk. Organizers and helpers cannot be held liable for any illness or injury during or as result of the race. Organizers are not liable for the loss or theft of any goods.**