

# 2024 RUNAS ONE

POWERED BY VANGATE MALL AND NANTES AC



## T U E S D A Y

### HERITAGE DAY

# 24

SEPTEMBER

# 2024

#### VANGATE MALL

From Jakes Gerwel Drive enter Vangate Mall Via McDonalds



10KM ROAD RACE 07:00  
10KM LEAGUE WALK 07:10 +  
5KM FUN RUN 07:15



**REGISTER NOW!**

**2 REFRESHMENT STATIONS**

3 KM & 7 KM

**CLOSING DATE FOR ONLINE ENTRIES**

# 21

SEPTEMBER

RACE START AT  
**07H00**

*Enter to Win*  
**SPOT Prizes**  
**WORTH R1000'S**

#### ONLINE ENTRIES

[www.webtickets.co.za](http://www.webtickets.co.za)



MANUAL REGISTRATION AVAILABLE ON THE MORNING OF THE RACE FROM 05H15 UNTIL START OF RACE

**FOR FURTHER INFORMATION PLEASE CONTACT:**

Aslam Saferdien | 072 258 6029

Nadia Gamielien | 082 747 8095

# PRIZEGIVING



**STARTS AT 9:00 AM**

EQUAL PRIZE MONEY FOR MEN AND WOMEN SPOT PRIZES WORTH THOUSANDS!

CATEGORY	1st	2nd	3rd
Junior	450	300	250
Open	800	600	400
40-49	450	300	200
50-59	450	300	200
60-69	450	300	200
70+	450	300	200
Open Team 4 x R200	800		
10Km League Walk (Open)	400	300	200

- 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 vest.
- Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- Juniors (born in 2005 and after) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes
- No personal seconding will be permitted except at official refreshment stations
- Time limit 2 hours.
- The Race is run according to the rules of ASA and WPA
- Participants must be 14years of age or older on race day
- 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.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number In order to be eligible to compete.
- Licensed athletes should wear club colours. Temporary licenced athletes must run in clothing without advertising. For team prizes full club colours must be worn and the athletes must participate with a permanent licence.

# ENTRY FEES:

*In 2024 Juniors are defined as anyone born in 2005 or later (Under the age of 20 at year end)*

*Online entries will incur an additional administration fee.*

Licensed Athletes	R100.00
Unlicensed Athletes	R150.00
Licensed Athletes - Juniors	R65.00
Unlicensed Athletes - Juniors	R95.00
Licensed Athletes 70+	R40.00
Unlicensed Athletes 70+	R90.00
5 km Fun Run	R60.00
Temp licence for 10km is R50 for seniors	

## LIABILITY:

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

- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- Entry Cards, must be in the athlete's possession during the race and handed in at the results board at the finish.
- 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.
- Walkers have to wear W tags.
- Medals for all finishers.

## FUN RUN: CHILDREN YOUNGER THAN 12 TO BE ACCOMPANIED BY AN ADULT

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.



WESTERN PROVINCE ATHLETICS



VANGATEMALL  
a Tapestry of Choice



LIBERTY  
In it with you

