

HERITAGE RUN

WITH GOODWOOD HARRIERS

INCORPORATING THE WPA 10KM CHAMPIONSHIPS

SATURDAY | 28 SEPTEMBER 2024 | 06H30

10 KM
RUN

06:30

10 KM
LEAGUE
WALK

06:40

5 KM
FUN RUN/
WALK

06:50



ENTRY	LICENSED	UNLICENSED
10 KM RUN / LEAGUE WALK	R90	R140
10 KM JNR RUN / LEAGUE WALK	R70	R100
10 KM 70 YEARS OLD +	FREE	R50
5 KM FUN RUN/WALK	R50	R50

ENTRY LINK:

<https://www.entryninja.com/events/80585-gwh-road-race>

LOCATION:

N1 CITY MALL UPPERDECK PARKING

- All finishers will receive a medal.
- Entries and race card collections will be taken on race day from 05h00 – 06h30.
- Race card collection at N1 City Mall Food Court : Thursday 26 and Friday 27th September 2024 (17h00 – 20h00). Race day (Before the race).
- A portion of the race proceeds will go to Warriors on Wheels.

ENQUIRIES:

EMAIL: events.goodwoodharriers@gmail.com

Online entries close 24 September Midnight.

Contact no: 0832290602 Edward



ENTRY LINK
SCAN:



N1
City Mall

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.

RACE RULES:

1. The race is run according to the rules of ASA and WPA.
2. 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.
3. Participants must be 14 years of age or older on race day.
4. Juniors (born in 2005 and after) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes.
5. Minimum age for 5 km fun run – 9 years of age – must be accompanied by an adult.
6. No personal seconding will be permitted except at official refreshment stations.
7. Time limit 2 hours.
8. Licensed athletes should wear club colours. Temporary licensed athletes must run in clothing without advertising.
9. Race numbers (bibs) will not be issued. All registered athletes must wear two valid license numbers. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
10. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
11. Prize giving starts at 08:30.

12. Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish.
13. Do not litter. Make use of litter boxes provided to dispose of sachets and cups responsibly or carry it to the finish. Please report offenders to the referees. **#RunClean**
14. The use of music players with headphones is not allowed and may result in disqualification.
15. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
16. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
17. Awards for the WPA Championship are restricted to permanently licensed WPA members.

RULES FOR 10KM LEAGUE WALK

- Participants must be 14 years or older on race day.
- No running allowed.
- To allow for proper judging knees of walkers may not be covered.
- Walkers need to display both walker (W) and age tags on the front and back of race garment to qualify for prize money.
- Walkers will be judged according to World Athletics, ASA & WPA Race Walking Rules.
- Walkers' judges will be present on route.

WPA CHAMPIONSHIP

Category	Open	Junior	40-49	50-59	60-69	70+
1st Gold Medal	R1000	R1000	R1000	R1000	R1000	R1000
2nd Silver Medal	R750	R750	R750	R750	R750	R750
3rd Bronze Medal	R500	R500	R500	R500	R500	R500

Prize-giving starts at 08:30 | League Walk Prizes

Category	Open	Junior	40-49	50-59	60-69	70-79	80+
1st	R400	R300	R300	R300	R300	R300	R300
2nd	R300						
3rd	R200						

Prize-giving starts at 08:30 | Race Prizes

Category	Open	Junior	40-49	50-59	60-69	70-79	80+
1st	R600	R400	R400	R400	R400	R400	R400
2nd	R400	R300	R300	R300	R300	R300	R300
3rd	R300	R200	R200	R200	R200	R200	R200

