

# BAKgat 10km



Presented by **BELLVILLE  
ATHLETIC CLUB**

Venue: Bellville High School  
cnr Feinauer Street & Old Paarl Rd, Bellville

Parking entrance from: Paratus Avenue (out of De La Haye Rd) & Betsy Street



**5km Fun Run** presented by *Bellville High School*

Enquiries: 021 948 1801 or email: [bemarker@hsbellville.co.za](mailto:bemarker@hsbellville.co.za)

## Entrance Fees:

Adults Licensed - R90.00  
Adults Unlicensed - R140.00  
Junior Licensed - R55.00  
Junior Unlicensed - R85.00

+ online entry admin fee

**Saturday  
21 SEPT '24**

**07:00**

**5km FUN RUN  
starts at 07:15**

Enquiries: [chairmanbak@gmail.com](mailto:chairmanbak@gmail.com)

## ENTRIES AND RACE CARD COLLECTIONS:

Online Entries until 18 September 2024 [web tickets](#) online entries

Race card collections and late entries:

Friday, 20 September 2024 from 15:00 to 19:00  
at Bellville Athletic Club Clubhouse

Jack Muller Park, Frans Conradie Road, Boston, Bellville

Saturday, 21 September '24 from 05:30 at Bellville High School



WESTERN PROVINCE ATHLETICS

*Coca-Cola* Peninsula Beverages

ROAD RUNNING LEAGUE

Please 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. Race organised in accordance with rules and regulations of ASA and WPA. The organizers, sponsors and WPA accept no responsibility for injury or accident resulting from participation in the race.

 **Kohler Box**  
PACKAGING FIT FOR USE



# PRIZES: Men & Women:

| AGE            | 1st      | 2nd  | 3rd  |
|----------------|----------|------|------|
| Open           | R750     | R500 | R400 |
| Junior (14-19) | R400     | R300 | R200 |
| 40-49          | R500     | R400 | R300 |
| 50-59          | R400     | R300 | R200 |
| 60-69          | R400     | R300 | R200 |
| 70+            | R400     | R300 | R200 |
| Open Team      | 4 x R150 |      |      |

## 10 KM RACE RULES & INFORMATION:

- The race is run according to the rules of ASA and WPA.
- Participants must be 14 years 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. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
- 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.
- In 2024 Juniors are defined as anyone born in 2005 or later. (Under the age of 20 at year end).
- Entry cards must be in the athlete's possession during the race and handed in at the results board at the Finish.
- Prize giving will commence at 09:00. All prize monies will be paid via EFT. Lucky draw prizes up for grabs!
- 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.
- 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 SPECIFIC INFORMATION:

- Cut off time is 1hour 45 minutes
- Tog bag facilities will be available at own risk

### ENQUIRIES:

Ronel – 083 500 5649

Lee-Ann – [chairmanbak@gmail.com](mailto:chairmanbak@gmail.com)

### ENTRIES / REGISTRATION / RACE CARD COLLECTION::

- **Online:** (Closing date for online entries: **18 Sept. 2024**)  
<https://www.webtickets.co.za/>

- **Friday, 20 September between 15:00 - 19:00** at Bellville Athletic Clubhouse in Jack Muller Park

- **Saturday, 21 September between 05:30 - 6:45** at **BELLVILLE HIGH SCHOOL**

### ENTRY FEE:

#### 10Km Race

**Licensed Athletes: R 90 (Juniors R 55)**

**Unlicensed Athletes: R 140 (Juniors R 85)**

### MEDALS:

10Km Race - to the first 1000 finishers

- **GOLD:** First 10 Men & 10 Women
- **SILVER:** Next 80 finishers
- **BRONZE:** Up to 1000 finishers

**ROUTE:** Flat route, run through Chrismar, Blommendal & Belair neighbourhoods

**REFRESHMENTS:** Food stalls: snacks and refreshments will be sold next to the registration area. Please **do not** bring own alcohol onto the premises.