



# 10KM RACE & 5KM FUNRUN

 **ROSMEAD SPORTS GROUNDS  
LOCH ROAD - KENILWORTH**

**SUNDAY**  
**13 OCTOBER 2024**  
**10KM - 6:30AM**  
**5KM - 6:45AM**

## HOW TO ENTER

ONLINE ENTRIES: [WWW.WEBTICKETS.CO.ZA](http://WWW.WEBTICKETS.CO.ZA)  
ONLINE ENTRIES CLOSE: WEDNESDAY, 9 OCT 2024 MIDNIGHT  
MANUAL ENTRIES AND ONLINE ENTRY COLLECTION:  
KENILWORTH CENTRE  
FRIDAY 11 OCTOBER 2024 - 15H00 - 19H00  
SATURDAY 12 OCTOBER 2024 - 10H00 - 17H00  
RACE DAY - 05H00AM TILL THE START OF THE RACE  
BULK ENTRIES: [OMMIEDRAAI@GMAIL.COM](mailto:OMMIEDRAAI@GMAIL.COM)



## ENTRY COSTS

ONLINE LICENSED R80  
ONLINE UNLICENSED R130  
ONLINE LICENSED JUNIOR R45  
ONLINE UNLICENSED JUNIOR R75

LICENSED R90  
UNLICENSED R140  
LICENSED JUNIOR R55  
UNLICENSED JUNIOR R85  
LICENSED 70YR+ FREE  
UNLICENSED 70YR+R45  
FUN RUN R50  
CASH, CARD & SNAPSCAN FACILITIES

**web tickets**  
AVAILABLE AT **Pick n Pay**



WESTERN PROVINCE ATHLETICS

**PARKING AT KENILWORTH CENTRE**

## MORE INFORMATION

RACE QUERIES TO BE DIRECTED TO:  
MELANIE VOLLENHOVEN 076 010 6550  
MUNSIEF DANIELS 082 967 9566  
EMAIL : OMMIEDRAAI@GMAIL.COM

## PRIZE MONEY - 10KM RUN

EQUAL PRIZE MONEY FOR  
MALE AND FEMALE ATHLETES.  
PRIZE AND LUCKY DRAW MONEY WILL BE PAID TO YOUR  
BANK ACCOUNT BY WAY OF EFT.  
PRIZE MONEY WILL ONLY BE PAID OUT ONCE THE RACE  
RESULTS HAVE BEEN VERIFIED.

CATEGORY	1ST	2ND	3RD
JUNIOR	R800	R450	R350
OPEN	R1500	R1000	R750
40-49	R750	R400	R300
50-59	R750	R400	R300
60-69	R750	R400	R300
70+	R750	R400	R300
OPEN TEAMS	4X R300	JUNIORS ONLY 4TH - R300 5TH - R250	

## ENTRY RULES

- The race is run according to the rules of ASA and WPA.
- Participants in the 10km must be 14 years of age or older. Participants in the 5km must be 10 years of age or older unless accompanied by an adult.
- Race numbers (bibs) will not be issued. All registered athletes must wear two valid license numbers. 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 to be eligible to compete.**
- Licensed athletes should wear club colours. Temporary licensed athletes must run in clothing without advertising.
- To qualify for team prizes, athletes must wear full club colours and participate with a permanent license.
- 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.
- Cut off for all races is at 08h30. Prize-giving is at 08h30.**
- Do not litter. This is a plastic free event, meaning no plastic sachets and carry your own water will be poured in cups. There will be 3 water stations along the route. Coke and water for all finishers. #RunClean
- The use of music players with headphones is not allowed and will 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.
- A tog bag area will be available at own risk.
- Juniors (born in 2005 or later) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes. Juniors will count towards Open team prize.
- No personal seconding will be permitted except at official refreshment stations.
- 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.
- 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 Club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- 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.
- Runners must obey traffic officers, race marshals and race officials at all times.

## LOADS OF LUCKY DRAW PRIZES

