



It's back!

The toughest 10km in
the Western Cape

proudly delivered by TakealotNOW and MR D

Wednesday
27 November
2024

Parc du Cap
1 Mispel Road
Bellville

Race starts 6PM
Cut-off time 8PM

Online: www.metropolitan.co.za/met10K
(pre-entries close on 25 November at midnight)

Manual entries and race card collection
From 12pm on 27 November at race venue

GOODIE BAGS TO THE FIRST 1000 ENTRANTS!



Open	Juniors	70+
R90*	R55*	Free*
R140**	R85**	R50**

Note that online payments carry an additional admin cost.

Medals will be awarded to all finishers.

Enquiries:
athletics@metropolitan.co.za

*Licensed runners **Unlicensed runners





Route:

Start and finish at Parc du Cap; run through the Loevenstein, Hoheizen, Welgemoed and Boston neighbourhoods

Refreshments:

Snacks and refreshments will be sold next to the registration area. Please do not bring alcohol onto the premises.

Parking:

Secure parking is available at the Parkade in Parc du Cap, Bellville.

Prizes: Men and Women

Age	1st	2nd	3rd
Open	R3 000	R2 000	R1 000
Junior (14 - 19)	R900	R500	R350
40 - 49	R500	R400	R300
50 - 59	R500	R400	R300
60 - 69	R500	R400	R300
70+	R500	R400	R300

Race rules and info:

- The race is run according to the rules of ASA and WPA.
- Runners must obey traffic officers, race marshalls and race officials at all times.
- 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 license numbers. Unregistered participants must purchase a temporary license which must be worn on the front of the vest.
- Licensed athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licensed 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.
- A Junior is anyone under the age of 20 at 31st December of the year of competition, i.e. born in 2005 or later.
- Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish.
- There will be 3 water stations with water sachets and water/Coca Cola 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 or on request from the organisers or the WPA office.

Disclaimer:

Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletic 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.



#TogetherWeCan
 #Met10Together
 #Met10K
 #Toughest10K