



Don't miss the fun!

LWANDLE AC 2024

1ST 10KM RUN AND 5KM FUN RUN AND WALK



1 MAY 2024

**LWANDLE SPORTS
COMPLEX**

VULINDLELA STREET, STRAND, CAPE
TOWN, WESTERN CAPE
GPS CO-ORDINATES:
-34.118701, 18.867366

ENTRY FEES

10KM :

Seniors : R90 LICENSED / R140 UNLICENSED

Juniors :R55 LICENSED / R85 UNLICENSED

Start Time 06h30 am

5KM :R50 JUNIORS / R70 SENIORS

Start Time 06h50 am

GET YOUR TICKET AT
WEBTICKETS OR YOUR NEAREST
PICK N PAY



scan here for tickets

CONTACT BUYISWA
0736701840

CONTACT THEMBI
0796942508



**MANOR
HOMES**



WESTERN PROVINCE ATHLETICS



**TALISMAN
Hire**

STRAND



GENERAL INFORMATION

Physical Address:

Vulindlela Street, Strand, Cape Town, Western Cape, South Africa

GPS Co-Ordinates:

-34.118701, 18.867366

DOORS OPEN AT 5:00 for entries on the day, registration, & temporary licences.

- Lwandle Athletics Club and WPA do not take responsibility for lost or stolen items.
- **NO ALCOHOL TO BE BROUGHT ONTO PREMISES!**
- Medals to 1st 500 for 10km finishers & 1st 300 finishers for 5km
- **No race numbers will be issued.**
- **There will be WATER AVAILABLE at two refill stations at approximately 3km & 7km point.**
- **We encourage all runners to carry their own cups or small bottles that can be refilled at each station.**
- **Coke & water** will be available at the finish.
- No Littering. Runners dispose of their litter within a "designated area".

CONTACT: lwandleathletics@gmail.com



RULES

The race is run according to the rules of ASA & WPA.

- Runners must obey marshals/traffic officials/race officials at all times.
- All 10km entrants must be 14 years or older on the day of the race.
- In the 5km Fun Run, participants under 10 must be accompanied by an adult.
- Time limit for the 10km race is 2 hours.
- Licensed athletes must run in club colours and wear 2024 license on their vests, front & back.
- Temporary licences will be available at registration. When registering, temporary licenced runners must complete details on the year off strip on the temporary licence and hand it in to be eligible to run. The temporary licence must be worn on the FRONT on the running vest.
- 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. Runners should enter the age category corresponding to their chronological age, but may enter a younger category down to senior.
- Temporary licensed runners 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 2005 or later) wearing a senior or junior licence must display category tags (J) to qualify for age group prizes.
- The organisers, sponsors and WPA accept no responsibility for any accident or injury resulting from participation in this event.
- No personal seconding will be permitted except at official refreshment stations.
- The use of music players with headphones is not allowed and may result in disqualification.
- Detailed rules are available on the www.wpa.org.za website 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 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.

PRIZE-GIVING & LUCKY DRAW AT 08:30 AM

MEN AND WOMAN	OPEN	40-49	50 -59	60-69	70 PLUS	JUNIORS 14-19
1ST PRIZE	800	400	400	400	400	400
2ND PRIZE	600	300	300	300	300	300
3RD PRIZE	450	200	200	200	200	200

The race is organised by Lwandle Athletics Club in accordance with the rules of WA, ASA and WPA. All participants must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The race organiser reserves the right to accept / reject any entry received.