

BRACKENFELL

10-km

and 5-km fun run

COME RUN WITH US

Start and Finish at Meridian Independent School, *Uitzicht*

SATURDAY 08 FEBRUARY 2025, 06:30

COST

Licensed athlete	R110	Unlicensed athlete	R170
Licensed junior	R 60	Unlicensed junior	R100
Licensed 70+	R 60	Unlicensed 70+	R120
5 km	R40	5 km no licence needed	

Entries at venue from 05:00 to 06:15 on race day

NO PRE-ENTRIES

Prize Money

Prize-giving ceremony at 08:30

10 km	Open	14 to 19	40 to 49	50 to 59	60 to 69	70+
1st	R900	R500	R500	R500	R500	R500
2nd	R750	R400	R400	R400	R400	R400
3rd	R600	R300	R300	R300	R300	R300

Open team prizes: 4 x R150 (women) 4 x R150 (men)

Medals to all finishers in the 10 km and fun run

Many lucky draw prizes

Enquiries: **Michelle 071 512 4059 - Abraham (Mossie) 082 887 7833**



WESTERN PROVINCE
ATHLETICS



CURRO



MERIDIAN
Pinehurst
managed by CURRO

COME RUN WITH US



1. Minimum age on race day is 14 years.
2. Participants must obey instructions of marshals and traffic officers.
3. No race numbers will be issued. Licenced athletes should compete in official club colours and must display unaltered licence numbers, valid for 2025, on the front and back of running vests. In addition to entering the race, unlicensed participants must purchase a temporary licence, which must be worn on the chest.
4. In addition to overall (open) prizes, participants will be eligible for only an age-category prize in the age category they enter. Age-category tags must be worn (front and back) and visible for the entire race to be eligible for any age-category prize. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
5. Temporary licences will be available at registration and must be worn on the chest. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete. Temporary-licensed participants are eligible for age-category prizes, provided they wear the category-appropriate age tags and provide proof of age.
6. Juniors born in 2006 or later must display category tags 'J' to be eligible for age category prizes, and open individual, and team categories.
7. Licenced 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.
8. Entry cards must be carried for the duration of the race and handed in at the results board at the finish. Participants to produce their finishing card when asked to do so by a race official.
9. No personal seconding will be permitted except at official refreshment stations.
10. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
11. Time limit for the 10 km is 2 hours, and for the fun run it is 1 hour 45 min.
12. The organising club, all sponsors as well as WPA accept no responsibility for injury, loss or accident resulting from participation in the race, and participants in the event do so at their own risk and release and discharge the organisers, sponsors, provincial and national 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. This includes vehicles. **Please don't leave any valuables in your car.**
13. The use of music players with headphones is NOT allowed and may result in disqualification.
14. Entries will be accepted at the starting venue on race day from 05:00 - 06:15. No pre-entries. **Meridian Pinehurst GPS coordinates: 33.8253876, 18.6933153,17.**
15. Prize-giving ceremony is at 08:30 which includes the awarding of lucky-draw prizes.
16. Tog bag area provided at runners' own risk. Please don't leave any valuables in your car.
17. Race results will be available at www.wpa.org.za.
18. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or by carrying them to the finish line. Report offenders to the referees. We support the #runclean campaign. There will be a refill point at the 2'nd water point for participants who choose to avoid sachets by carrying their own.
19. The race is run according to the rules of WA, ASA and WPA. Detailed rules are available at www.wpa.org.za or on request from the organisers or the WPA office. Participants undertake to be bound by these rules when entering this event.

