

Heritage RUN



WITH GOODWOOD HARRIERS

SAT 27 SEP 2025 | 06H30

**10 KM
RUN**
06H30

**10 KM
LEAGUE WALK**
06H40

**5 KM
FUN RUN/WALK**
06H50

Entry	Licensed	Unlicensed
10km Run / League Walk	R110	R170
Junior 10km Run/League walk	R70	R110
10km 70 years old +	Free	R60
5km Fun Run/Walk	R60	R60



ENTRY LINK SCAN

ENTRY LINK: <https://www.entryninja.com/events/82339>

LOCATION: N1 CITY MALL UPPERDECK PARKING

- All finishers will receive a medal
- Entries and race card collections will be taken on race day from 05h00 - 06h30
- Race card collection at N1 City Mall food Court: Thursday 25 and Friday 26 September 2025 (17h00 - 20h00). Race day (Before the race).
- A portion of the race proceeds will go to Warriors on Wheels.

ENQUIRIES:

Email: events.goodwoodharriers@gmail.com | Online entries close 24 September Midnight.

Contact Number: 083 229 0602 Edward



www.n1citymall.co.za



Peninsula
Beverages



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 RULES:

1. The race is run according to the rules of ASA and WPA.
2. In addition to the 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 vest.
3. Participants must be 14 years of age or older on race day.
4. Juniors (born in 2006 and after) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes.
5. Minimum age for the 5km fun run - 9 years of age - must be accompanied by an adult.
6. No personal seconding will be permitted except at official refreshment stations.
7. Time limit 2 hours.
8. Licensed athletes should wear club colours. Temporary licensed athletes must run in clothing without advertising.
9. Race numbers (bibs) will not be issued. All registered athletes must wear two valid licence numbers.
10. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
11. Prize giving starts at 08:30.

12. Entry cards must be in the athletes possession during the race and handed in at the results board at the finish.
13. Do not litter. Make use of our litter boxes provided to dispose of sachets and cups responsibly or carry it to the finish. Please report offenders to the referees. **#RunClean**
14. The use of music players with headphones is not allowed and may result in disqualification.
15. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
16. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

RULES FOR 10KM LEAGUE WALK:

- Participants must be 14 years or older on race day.
- No running allowed
- To allow for proper judging knees of walkers may not be covered.
- Walkers need to display both walker (W) and age tags on the front and back of race garment to qualify for prize money.
- Walkers will be judged according to World Athletics ASA & WPA Race Walking Rules.
- Walkers judges will present on route.



Prize-giving starts at 8:30 | League Walk Prizes

Category	Open	Junior	40-49	50-59	60-69	70-79	80+
1st	R500	R400	R400	R400	R400	R400	R400
2nd	R400						
3rd	R300						

Prize-giving starts at 8:30 | Race Prizes

Category	Open	Junior	40-49	50-59	60-69	70-79	80+
1st	R700	R500	R500	R500	R500	R500	R500
2nd	R500	R400	R400	R400	R400	R400	R400
3rd	R400	R300	R300	R300	R300	R300	R300