

OF THE INEROUTE

MEDALS
LUCKY DRAWS
GOODY BAGS TO
FIRST 500
ENTRANTS

SUNDAY, 28 SEPTEMBER 2025 21,1KM & 10KM - ROAD RACE 5KM - FAMILY & FUN RUN/WALK

21.1KM @ 06H30

CUT OFF 10:00 Medals to all finishers 10KM @ 06H45

CUT OFF 08:45 Medals to all finishers 5KM @ 07H45

CUT OFF 09:00 Medals to all finishers

Children under the age of 12 years must be accompanied by an adult.

TIMED EVENT

EVENT	ENTRY FEE			
21.1km Licensed Senior	R190			
21.1km Unlicensed Senior	R285			
21.1km 70+ Licensed	R90			
21.1km 70+ Unlicensed	R175			
10km Licensed Senior	R130			
10km Unlicensed Senior	R190			
10km Licensed Junior	R70			
10km Unlicensed Junior	R110			
10km 70+ Licensed	R70			
10km 70+ Unlicensed	R130			
5km Adults	R70			
5km Minors	R50			

REGISTRATION

ONLINE:

WWW.ENTRYNINJA.COM ENTRIES CLOSE ON 24 SEPTEMBER 2025.

PRE-RACE NUMBER COLLECTIONS AT ZEVENWACHT MALL

- FRIDAY 26 SEPTEMBER 2025 | 14H00 - 1800
- · SATURDAY 27 SEPTEMBER
- 2025 | 10H00 14H00 · SUNDAY 28 SEPTEMBER
- 2025 FROM 05H15

PLEASE NOTE:

MANUAL ENTRIES AVAILABE FRIDAY 26 AND SATURDAY 27 SEPTEMBER. CARD FACILITIES AVAILABLE.

CONTACT DETAILS:

Race Director Briggett Smit 082 856 3022 | Chairperson Gavin Lucas 073 906 6978 | Marketing Co-Ordinator Rudi Jansen 082 081 4767

















PRIZE MONEY

	10КМ			21.1KM		
	1st	2nd	3rd	1st	2nd	3rd
Open	R1 000	R700	R500	R1 300	R1 000	R800
40 - 49 years	R400	R300	R200	R600	R400	R300
50 - 59 years	R400	R300	R200	R600	R400	R300
60 - 69 years	R400	R300	R200	R600	R400	R300
70+ years	R400	R300	R200	R600	R400	R300
Junior	R400	R300	R200			
Open Teams	R200 x 4		R300 x 4			

RACE RULES & INFORMATION

- 1. Minimum age on race day for 21.1km participants is 16 years & for 10km, 14 years. For the fun run all children under the age of 12 years must be accompanied by an adult.
- 2. Participants must obey instructions of Marshals and traffic officers.
- 3. Licenced athletes should wear club colours. Full club colours & permanent licences must be worn to qualify for team prizes. Temporary licensed athletes must run in clothing without advertising. To qualify for team prizes, athletes must be South African Citizens.
- 4. 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 vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- 5. Age category tags must be worn (front & back) and visible for the entire race to be eligible for any age category prize, including Juniors.
- **6.** Temporary licensed participants are eligible for individual age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- 7. Juniors born in 2005 or later must display category tags "J" to qualify for age group prizes.
- 8. No personal seconding will be permitted, except at official refreshment stations.
- 9. Tog bag facilities provided at runner's own risk. PLEASE DO NOT LEAVE VALUABLES IN YOUR TOGBAG OR IN YOUR MOTOR VEHICLE.
- 10. The organising club, all sponsors as well as WPA and ASA accept no responsibility for any injury, loss or accident resulting in participation of 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.
- 11. The use of music players with headphones is not allowed and may result in disqualification.
- 12. This event is held under the rules and regulations of Athletics South Africa (ASA) and Western Province Athletics (WPA) and is organized by the IN TOUCH Athletic Club.
- 13. CocaCola and water sachets will be available at regular intervals along the route. Runners are encouraged to carry their own.
- 14. Detailed rules are available on www.wpa.org.za or on request from the WPA office.
- **15.** Wheelchair athletes cannot be accommodated on the 21.1 km route. Contact the organisers at least two weeks before the event to discuss participation in the 10 or 5km races.
- 16. Prize giving will start from 09h00 followed by the lucky draw. You must be present to be eligible for a lucky draw prize.
- 17. Race numbers with a timing chip will be issued for the 21.1km and 10km races. Your timing chip together with your race number must be worn on the front of your vest and must be visible at the Finish line. There is a foam backing on the back of the race number. Please do not remove the timing chip and foam strip from the race number. Ensure that the chip is not folded or covered by clothing or straps. NO CHIP. NO TIME. For safety and awards purposes, ONLY the person assigned to this race number may use it. Should an athlete use a number allocated to another athlete, said athlete WILL be disqualified and both athletes will be disciplined.
- 18. Medals for all finishers in each event.
- 19. If the race has to be cancelled, the entry fee is not refundable.
- 20. Any enquiries relating to online entries can be directed to support@entryninja.com, contact number 087 012 5044. For results related queries please email info@bouttime.co.za. 21.1km and 10km runners can get their online results including the finishers certificate at bouttime.co.za/results. All finishers will an individual sms with their race results.

