

 METROPOLITAN

10K

Conquer the #Toughest10K

WED **26** NOV 2025



6pm to 8pm



Parc du Cap
1 Mispel Road
Bellville

ENTRY FEES

Adults: **R110** Unlicensed: **R170**

Juniors: **R65** Unlicensed: **R105**

70+: **free** Unlicensed: **R60**

*Service fee applies when entering online

Enquiries: athletics@metropolitan.co.za

ENTER ONLINE



www.racepass.com

Pre-entries close: 14 November



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now



 METROPOLITAN
Athletic Club

PRIZES

	14-19	OPEN	40-49	50-59	60-69	70+
1 st	R600	R3000	R600	R600	R600	R600
2 nd	R500	R2000	R500	R500	R500	R500
3 rd	R400	R1000	R400	R400	R400	R400

CONTACT

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Leilahn Albertyn: 083 265 6172

1. The race is run according to the rules of ASA & WPA.
2. Runners must obey traffic officers, race marshals, race officials.
3. Entries are only sold online via www.racepass.co.za. Pre-entries close 14 November. Limited entries available at race pack collection on 22 November at Sportsman's Warehouse and at Parc du Cap on 24 & 25 November (only electronic payments). No entries will be available on race day.
4. One race number (bib) containing a timing chip will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
5. Participants must be 14 years on race day.
6. Cut-off time is 2 hours.
7. Age category tags must be worn on front and back of vest to be eligible for age category prizes.
8. A junior runner is anyone under the age of 20 at 31 December of the year of competition.
9. A tog bag facility will be available at the entrants' own risk.
10. There will be three water stations with water sachets and water/Coca Cola at the finish.
11. The use of music players with headphones is not allowed and may result in disqualification.
12. Do not litter. Dispose of any refuse responsibly by using the boxes provided or carry them to the finish. Report offenders to the referees.
13. Official results will be based on Gun-to-Mat timing, in accordance with WPA and ASA rules. The results will be electronically produced on race day by Finish Time. Any athlete found using another person's number will be disqualified. For all timing or results queries, please email support@finishtime.co.za.
14. All finishers will be awarded with a medals and a TakealotNOW & MrD mystery box.
15. 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 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.