



ONRUS 10km & 6km FUN RUN

20 Dec 2025

ARE
YOU
READY

Family fun and exciting prizes!

Onrus Beach - Milk on the Beach Restaurant
07h00 (fun run 07h15) | 10km: R150 | 6km: R60
Entries: 05h30 - 06h45 or www.entrytickets.co.za

RULES AND REGULATIONS

1. Registered athletes must wear 2025 licence numbers.
2. Temporary licences for **non-registered runners or runners without their 2 official numbers will be available at R40.00 for Juniors and R70 for Seniors** between 05h30 & 06h45 at the start on the morning of the race.
3. Cut-off time to qualify for prizes is 08h30.
4. Prize-giving will be at 09h00.
5. The Race is organized in accordance with the rules of Athletics South Africa and Boland Athletics.
6. Athletes must be 15 years of age on the day of the race to be allowed to participate in the 10km race.
7. Traffic officials and marshals must be obeyed at all times. Disregarding this rule, may lead to disqualification.
8. Refreshment tables stocked with Coke and water.
9. No seconding from a moving vehicle will be permitted.
10. Every kilometer will be marked.
11. Results will be available at www.whalersac.co.za.
12. Athletes enter entirely at their own risk. Organizers and Sponsors are not responsible for any loss, damage or injury to participants.
13. Proof of age and category tags is required for category prizes.
14. No advertising, in the form of tattoos, or any other form of display is permitted by athletes other than that of the official club vest or the event race number.
15. The entry fee is non-refundable

PRIZES

Prizes 10km	Team	Open	Juniors	40+	50+	60+	70+
Men	R400	500 300 200	200 150 100	200 150 100	200 150 100	200 150 100	200 150 100
Women	R400	500 300 200	200 150 100	200 150 100	200 150 100	200 150 100	200 150 100
Medals	Gold	Silver		Bronze	6km fun run		
	First 3 men & first 3 woman	4 - 50		51 - 500	Medals for first 300 finishers (no prize money)		

Route record held by Owen McHelm (29:36) and Elana Meyer (35:24) • Incentive: R200 for first male under 29:30min and R200 for first female under 35min

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