

PRE-ENTRY ONLY!



HOHENORT

15km Road Race

Sat 10 January 2026
6am Start

ENTER ONLINE HERE

pinelandsathleticclub.co.za

RACE DETAILS

Start/finish: Alphen Centre/Common, Constantia
Main Road, Constantia. Starting time: 06h00
Cut off time: 08h30

RACE COSTS

Licensed athletes (including juniors) R130.
Unlicensed athletes R130 + R85 for temp
license. Over 70+ Licensed athletes R70 &
Unlicensed R155.

**LUCKY
DRAW**

TWO pairs of
Running shoes,
proudly sponsored
by the Sweat Shop
and more!

R5

of every
entry goes to the
Woodside Special
Care Centre

**FREE
SOCKS**

Free running socks
and Race Calendar
for all finishers

**THIS RACE
IS PLASTIC
FREE!**



Organised by The Pinelands Athletic Club
pinelandsathleticclub.co.za

Proudly sponsored by

SOLID ROCK
Financial Planning

A registered financial services provider. FSP 38232



WOODSIDE
SPECIAL CARE CENTRE



Entry Collection

Entry collection can be done at the Pinelands Clubhouse on Thursday 8 January & Friday 9 January 2026 from 16h00 to 19h00. OR at the race venue (Alphen Centre/Common) on Saturday 10 January from 04h45 – 05h50.

Race Information

- Enquiries – Wendal Smith 073 177 4394.
- No entries on the day. Enter online at pinelandsathleticclub.co.za until Sunday 4 January 2026 at 24h00/midnight or when capacity has been reached. There is no service fee or charge for online entries.
- The race starts at 06h00 in the parking area of the Constantia Community Centre and ends on the Alphen Common.
- Tog bag security provided at runners' own risk.
- Social walkers welcome. Walkers to start at the back and to keep to the side of the road.
- This is a sachet free event. Water and Coke will be available in cups at the three refill stations along the route and at the finish.
- Limited refreshments will be on sale.

Prizes

- 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 Club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- Juniors born 2007 or later, must display age tags "J" to qualify for age group prizes. Juniors will count towards Open team prizes.
- To qualify for team prizes athletes must be South African Citizens, wear full club colours and participate with a valid permanent license.

Entry Rules

- The race is run according to the rules of ASA & WPA.
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.
- Runners must obey traffic officers, race marshals and race officials at all times.
- Participants must be 15 years of age or older on race day.
- No personal seconding permitted except at official refreshment stations.
- The time limit is 2 hours 30 minutes. Cut off 08h30.
- Licensed runners should run in club colours and display a valid license. This must be worn on the front and back of the vest. Temporary licenses will be available at registration. At registration, temporary license holders **MUST** complete and hand in the tear off strip to be eligible to run and to be eligible to win prizes. And wear plain clothing, NO advertising.
- Age category tags must be worn (front & back) and be visible for the entire race to be eligible for any age category prizes including Juniors.
- No race numbers will be issued.
- The use of music players with headphones or "buds" is not allowed and may result in disqualification.
- Entry cards must be carried throughout the race and handed in at the finish.
- Do not litter. Dispose of cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean
- Prize giving will be soon after 08h30.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

Woodside Special Care Centre

After a phenomenal 49 years Woodside Special Care Centre is still the leader in providing excellent care to intellectually disabled children and young adults as well as their families. If you would like to know more about our services or make a donation, please contact us at 021 696 2811

MEN				WOMEN			
Age categories	1st	2nd	3rd	Age Categories	1st	2nd	3rd
Juniors (15-19)	R1,100	R800	R500	Juniors (15-19)	R1,100	R800	R500
Open	R2,300	R1,700	R1,200	Open	R2,300	R1,700	R1,200
40-49	R1,100	R800	R500	40-49	R1,100	R800	R500
50-59	R1,100	R800	R500	50-59	R1,100	R800	R500
60-69	R1,100	R800	R500	60-69	R1,100	R800	R500
70-79	R1,100	R800	R500	70-79	R1,100	R800	R500
80+	R1,100	R800	R500	80+	R1,100	R800	R500
Open Mens Team 4xR700=R2,800				Open Womens Team 4xR700=R2,800			

**NEED
MORE
INFO?**

Wendal Smith
0731774394 or
pinelandsathleticclub.co.za

