



LAKE FARM CENTRE CHARITY RUN/WALK

EPA Participation League Event

- **Rolf Kordes 25km Endurance Challenge**

Start: 06.00 | Entry Fee: R180

- **10km**

Start: 07.00 | Entry Fee: R120
Temp License for 10km & 25km: R50

- **5km Walk/Run**

Start: 07.15 | Entry Fee: R70

www.lakefarm.org.za

ENTER ONLINE:

www.webtickets.co.za



07
MARCH
2026



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LAKE FARM CENTRE CHARITY RUN/WALK

General Race Information

1. Organised in accordance with the rules and regulations of ASA and EPA.
2. Starting time for 25km is 6h00, followed by the 10km at 7h00 and 5km at 7h15.
3. The 25km and 10km is an EPA Participation League Race.
4. The minimum age for the 25km is 16years, 10km is 14 years and 5km is 9 years old on the day of the race.
5. Children in the 5km must be accompanied by an adult.
6. Water will be provided along the route.
7. Athletes must run in official club colours with their 2026 license number on the front and back of the vest.
8. 25km and 10km athletes will receive a race number to be worn on the front of the vest.
9. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license and must be worn on the back of a plain colour shirt. Temporary licensed athletes are not covered by ASA Group Insurance which is only available to licensed athletes registered with an ASA affiliated athletics club. Completion of the tear-off strips is compulsory.
10. Race Officials and Marshalls are always to be obeyed. Run on the right-hand side of the road unless instructed otherwise by a Marshall.
11. Age category tags must be worn on the front and back of the vest to qualify for category prizes. Athletes may be required to provide proof of age on race day.
12. The race committee reserves the right to accept or reject any entry.
13. The Prize Giving will commence at 9h30 prize winners must be dressed in their club colours during the award presentation, all athletes must be present to qualify for lucky draw prizes. The cut off for all events is 9h30.
14. Entries are online on www.webtickets.co.za or manual entries (chas only) may be handed in at Brian Bands in Cape Road. The closing of online and manual entries is on Wednesday 4th March at 6h00.
15. Collection of race numbers for pre-entries and late entries will be available on Friday, 6 March between 16h00 and 18h00 from Westbourne Oval, and from 5h00 at Lake Farm Centre on race day. Entry fees are non-refundable and not transferable.
16. The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
17. Anti-Littering rules apply. Refuse bins will be provided along the route. Please discard used water sachets into or near the bin.
18. Wearing of earphones is not allowed and will lead to disqualification.
19. Please be mindful of the 25km athletes on the route when arriving at the start for the 10km and 5km Fun Run/Walk.

ENQUIRIES: Errol Whittal 0812897235 or Janine Whittal 0716027266



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LAKE FARM CENTRE CHARITY RUN/WALK

Medals to all Finishers

PLEASE SUPPORT THIS EVENT AS ALL
PROCEEDS GO TO LAKE FARM CENTRE

PRIZE MONEY FOR MEN & WOMEN

CATEGORY	25km RUN	10km RUN
1 st Open	R500	R350
2 nd Open	R400	R300
3 rd Open	R300	R200
1 st Athlete Junior	-	R250
2 nd Athlete Junior	-	R200
3 rd Athlete Junior	-	R150
1 st Athlete 40 - 49	R350	R250
2 nd Athlete 40 - 49	R250	R200
3 rd Athlete 40 - 49	R200	R150
1 st Athlete 50 - 59	R350	R250
2 nd Athlete 50 - 59	R250	R200
3 rd Athlete 50 - 59	R200	R150
1 st Athlete 60+	R350	R250
2 nd Athlete 60+	R250	R200
3 rd Athlete 60+	R200	R150

POP IN TO SUPPORT THE LAKE FARM COFFEE SHOP,
BOOK SHOP AND CHARITY SHOP



PLEASE TICK THE EVENT YOU WISH TO ENTER

25km (06h00)

10km (07h00)

5km (07h15)

SURNAME: _____

FIRST NAME: _____

CELL NO.: _____

EMAIL: _____

CLUB: _____

LICENSE NO.: _____

DATE OF BIRTH: _____ / _____ / _____

SEX: M F

ID NO.: _____

AGE: _____
(ON DAY OF RACE)

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT NO.: _____

INDEMNITY WAIVER: by entering this event I undertake to be bound by the rules & regulations of the event including those of WA and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organization assisting in the staging of the event, provincial and national athletics bodies and all the local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe I will immediately discontinue further participation in the activity.

MINOR RELEASE: and I, the minor's parents and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this indemnity/ waiver on behalf of the minor.

ANTI-LITTERING: I agree to abide by the anti-littering regulation and acknowledge that should I intentionally litter, I may be disqualified.

SIGNATURE OF COMPETITOR: _____

SIGNATURE OF PARENT (IF U18): _____

DO YOU REQUIRE TEMPORARY NO.?: Y N

EVENT		START TIME	FEES
25KM	EPA Participation League	06h00AM	R180
10KM	EPA 1 Point Participation League	07h00AM	R120
5KM	-	07h15AM	R70

ENTRY FEE: _____ R _____

Temporary License (R50 for 25KM and 10KM only) _____ R _____

TOTAL: _____ R _____



LAKE FARM CENTRE

Lake Farm Centre is a Home, a Community, and a Village for Intellectually Challenged Adults with a long history dating back to 1959.

Please follow our website www.lakefarm.org.za

Lake Farm Centre's mission is to serve as a model for others, providing the best possible care and support to intellectually challenged adults, helped by our fundraising efforts. Together, they inspire excellence in care, positively impacting their lives.

Their vision is to care for, respect, and develop each individual, embracing their unique capabilities and needs.

The dedicated staff are more than caregivers; they are compassionate role models, "parents," and counsellors. They continually uplift, empathise, and exhibit patience, insight, and understanding, fostering an environment of love and trust for our residents.

Lake Farm Centre provides full accommodation in a homely environment, including three meals daily, and creates a nurturing and inclusive environment for our intellectually challenged residents.

We embrace residents' uniqueness, offering love and support. At Lake Farm Centre, they thrive in a safe, nurturing environment, living their best lives, irrespective of age-related impairments.

Lake Farm Centre might be a non-profit organisation with charitable objectives, but we are not a charity. Our residents might have constraints but that does mean we have to be constrained in our strive for independence and commercial sustainability.

There are many ways to contribute and make a real difference in the lives of intellectually challenged people.

The Lake Farm Centre can't fulfil their mission without good people like you.

Thank you for participating in our Charity event, and for supporting our Charity Shop and Coffee/Craft Shop.



The annual Lake Farm 25km training run was traditionally placed on the calendar to accommodate the Two Oceans Ultra athletes to do a good training run.



Rolf Kordes, an esteemed Duathlon athlete, Ironman, Comrades and Two Oceans athlete, used this event and this route for most of his training runs.

Rolf, now 85, together with many of the great athletes of his generation, is no longer able to compete and it was decided to honor them by becoming involved with the Lake Farm Charity Run.

Very few people are aware of the impact that illness such as Dementia and Alzheimers have on the person that has been diagnosed, nor the family members of those patients, and therefore, by honoring our athletes that are in their golden years, whether affected by these illnesses or not, it is a great opportunity to bring awareness to the athletics fraternity.

The difference between Dementia and Alzheimer's Disease is that Dementia is a general term for a decline in mental ability severe enough to interfere with daily life, while Alzheimer's is a specific disease. Alzheimer's is the most common cause of dementia.

Dementia is a term for several diseases that affect memory, thinking, and the ability to perform daily activities. The illness gets worse over time. It mainly affects older people but not all people will get it as they age.

Dementia is a progressive, irreversible clinical syndrome. Dementia mainly affects older people, and after the age of 65, the likelihood of developing dementia roughly doubles every five years and affects an estimated 1 in 14 people over the age of 65 and 1 in every 6 people over the age of 80.

DementiaSA was founded in 2005 and provides a 24 hour helpline, raises awareness nationally and is actively involved in research and ongoing advocacy. For more information, contact DementiaSA via their website www.dementiasa.org