



## 10KM ROAD RACE 5KM FUN RUN

**SATURDAY 18 APRIL 2026**  
VENUE: LAGUNA MALL, LANGEBAAN

### 10KM ROAD RACE

#### TIMES

06:30 Registration open  
08:00 10km start

#### 10KM ENTRY

R120 per runner + R60 (temporary licence)  
R120 per runner + R40 (temporary JNR licence)  
70+ free entry + R60 (temporary licence)

### 5KM FUN RUN

#### TIMES

06:30 Registration open  
08:10 5km start

#### 5KM ENTRY

R40 per runner / walker

### PRIZES

OPEN MEN & WOMEN  
40-49 MEN & WOMEN  
50-59 MEN & WOMEN  
60-69 MEN & WOMEN  
70+ MEN & WOMEN  
JUNIORS MEN & WOMEN

#### 1<sup>ST</sup>

R 500  
R 200  
R 200  
R 200  
R 200  
R 200

#### 2<sup>ND</sup>

R 300  
R 150  
R 150  
R 150  
R 150  
R 150

#### 3<sup>RD</sup>

R200  
R100  
R100  
R100  
R100  
R100

### ENTRIES

At the venue  
on the day

**MEDALS TO THE 1<sup>ST</sup> 600 FINISHERS  
IN 10KM & 5KM RACE**



## RACE RULES

1. The race is run in accordance with the rules of ASA and Boland Athletics
2. Registered athletes must wear their ASA licences on the front and back of their vest. Temporary licenced runners must wear the temporary licence on the front of their vests.
3. Minimum age of 10km competitors on the day of the race is 14 years. Proof of age must be produced on request on race day.
4. Temporary licences will be available at registration. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
5. No personal seconding allowed, except at all refreshment stations.
6. Proof of age for prize winner may be required and to be presented to referee before prize giving. Prizes will be withheld until age is confirmed.
7. 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 at 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.
8. 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.
9. Juniors born in 2007 or later, must display age tags "j" to qualify for age group prizes.
10. Runners to obey marshalls at all times.
11. No blade, cyclist or mechanically operated device allowed in the race.
12. No refunds will be entertained.
13. Prize winners are requested to stay for the prize giving at 10:00
14. Fun run participants younger than 10 years must be accompanied by an adult.
15. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean
16. For safety reasons the use of personal music players with headphones is not allowed. Use of such device in contravention of ASA rule 34.10.6 may result in disqualification.
17. Tog bag area will be available at own risk.
18. Cut-off time for 10km is 2 hours.
19. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
20. 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.
21. Licenced athletes should wear club colours. Temporary licenced athletes must run in clothing without advertising.
22. One race number (bib) will be issued for the 10km. 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 licensed runners must wear the race number on the front of their vest and the temporary licence on the back.

Entries will be taken at the venue from 06:30

10km Open = R120 / temporary licence = R60

10km Junior temporary licence = R40

10km 70+ category = free entry / temporary licence = R60

Prize giving will be at 10:00

5 km = R40