



UNIVERSITY of the WESTERN CAPE
 IYUNIVESITHI yaseNTSHONA KOLONI
 UNIVERSITEIT van WES-KAAPLAND



Sunday 31st May 2026 @ 7:00AM

Fast & Flat

Fun Run
7.30AM
32nd Edition

UWC Campus, Robert Sobukwe Road, Bellville

ENTRY FEES

70+ Free Entry for licensed runners

Entry Type	Distance	Category	Price
Online Entries	10km	Licensed Senior	R130
	10km	Unlicensed Senior	R190
	6,5km	Fun Run Senior	R80
Manual Entries	10km	Licensed Senior	R120
	10km	Unlicensed Senior	R180
	6km	Fun Run Senior	R70
Online Entries	10km	Licensed Junior	R90
	10km	Unlicensed Junior	R130
	6,5km	Fun Run Junior	R60
Manual Entries	10km	Licensed Junior	R80
	10km	Unlicensed Junior	R120
	6km	Fun Run Junior	R50

Online entry

www.racepass.com (closing date midnight 27th May 2026)

Collection:

Online: 28 May: 16:00 at **UWC Stadium** or **Sweatshop** during operating hours (29 Vineyard Road, Claremont)

Manual: 25 - 30 May: Sweatshop (29 Vineyard Road, Claremont)
 29 - 30 May: UWC Sports Stadium



No entries will be sold on Race Day. Cash, Card and SnapScan Facilities available!
 Lucky draws on the day sponsored by The Sweatshop.



10km Race rules in accordance with the rules of ASA & WPA

1. The race is run according to the rules of ASA and WPA.
2. Participants must be 14 years of age or older to qualify for the 10km race. In the 6km Fun Run participants under the age of 10 must be accompanied by an adult.
3. Race numbers (bibs) will not be issued. All registered athletes must wear two valid licence number. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
4. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete. Temporary licences athletes must run in clothing without advertising.
5. Licenced athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
6. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize including Juniors.
7. In 2026 Juniors are defined as anyone born in 2007 or later. (Under the age of 20 at year end).
8. Entry cards, must be in the athlete's possession during the race and handed in at the results board at the Finish.
9. Prize-giving is at 9am.
10. 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.
11. The use of headphones is NOT allowed and may result in disqualification.
12. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
13. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
14. To qualify for team prizes, athletes must wear full club colours, participate with a permanent licence and must be SA citizens.
15. Running cut-off time will be 09h15 for both 10km race and 6km fun run.
16. Medals will be issued for the first 2500 finishers of the 10km race and the first 400 finishers of the 6,5km fun run.
17. Tog bag facility will be available from 5am close to the Start Area.
18. **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
19. Results can be found on WPA.org.za

Call or WhatsApp: Glen Bentley - 0714888985 or Johannes Kamfer - 0605780592 Email: athletics@uwc.ac.za

PRIZES MEN AND WOMEN

	Open		Junior		40-49		50-59		60-69		70-79		Team Men & Women
	M	W	M	W	M	W	M	W	M	W	M	W	
1st	R2500	R2500	R750	R750	R750	R750	R750	R750	R750	R750	R750	R750	4 x R300
2nd	R1000	R1000	R500	R500	R500	R500	R500	R500	R500	R500	R500	R500	
3rd	R750	R750	R300	R300	R300	R300	R300	R300	R300	R300	R300	R300	
4th	R500	R500											
5th	R300	R300											

Bestmed Medical Scheme and UWC are sponsoring 3000 goodie bags