

**RULES: 1] Age** - Minimum age on race day is 14 years for the 10km. **2] Age Tags** - Participants will be eligible for prizes in the OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD age category tag or junior tags is displayed, visible and above license number, front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. Red age tags/white background (ASA Rule 22.9). **3] Club Colours** - Licensed runners should wear club colours. Official event race number to be worn on the front. Registered athletes must wear their 2026 ASA licenses on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA license, so that the ASA license sponsor remains visible. Temporary licensed runners must wear the race number on the front of their vest and the temporary license on the back. **4] Seconding** - No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding, stand and hand rule will only be permitted within the delineated area at water point. (ASA Rule 34.8.2). **5] Proof of Age** - Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Certificate since 1994). **6] Foreigners** - All foreign athletes must comply with WA rule 142.2 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day. **7] Safety Rule** (ALL DISTANCES) - No Earphones (ASA Rule 34.10.6), Animals (ASA Rule 34.10.1), Racers (ASA Rule 34.10.3), or Wheelchairs (ASA Rule 34.10.4) allowed. **8] Held under the rules of ASA and ASWD.** All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The Race Referee's decision is final. The Race Organizer reserves the right to accept/reject any entry received.

**GENERAL: 1] Start:** 10km start at McDonald's Garden Route Mall and finish at McDonald's Courtenay Street. **2] Refreshment Tables:** Drinking stations will be provided at 3.5km intervals (2 water points) or more frequently if weather conditions warrant such provision. **3] Distance markers** will be placed at every kilometre. **4] The cut off time** for the race is 2 hours. **5] First aid** is available at the start and the finish. **6] Ablution facilities** will be available in the Garden Route Mall. **7] No transport:** There will be no official transport from McDonald's Courtenay Street to McDonald's Garden Route. Please make use of your own transport or public transport. **8] The results** will be electronically produced on race day by the official chip timing system. Your timing chip will be placed on your race number. The race number must be worn on front of your vest and visible at the finish line. There is a foam strip of your race number. Please do not remove the timing chip and foam strip from the race number – doing so will result in a NO finish. For safety and timing purposes, ONLY the person assigned to this race number may use it. **9] Race cancellation:** There will be no refunds should the race be cancelled for reasons beyond our control. Substitutions: NO substitution will be allowed. Refund: In case that you are injured and cannot take part, we are unable to refund fund you.

**ENTRIES: 1] Online Entries:** [www.entryninja.com](http://www.entryninja.com) **2] By Hand:** You can enter and pay at Top Gear Sport and Sportsmans Warehouse, Eden Meander Mall. Please keep the receipt as proof of payment.

**REGISTRATION AND LATE ENTRY: NO RACE DAY ENTRIES.** This is a pre-entry event and entries are accepted. Pre-entries close on 12 June 2026 at 23:59.

**RACE NUMBER COLLECTION (ALL RUNNERS):**  
Sportsmans Warehouse, Eden Meander Mall  
Saturday • 13 June 12:00-15:00  
Monday • 15 June 12:00-15:00

McDonald's Langeberg Mall, Mossel Bay  
Monday • 15 June 12:00-15:00

#### WHAT TO BRING TO REGISTRATION?

To ensure that your registration is processed quickly and efficiently, you are requested to bring the following to registration: **1]** Your ID document, driver's license or passport. **2]** Your race number confirmation SMS.

#### COLLECTING ON BEHALF OF SOMEONE:

If you want another person to collect on your behalf, they will be required to present a copy of your race number confirmation SMS as well as proof of identity.

**PRIZE GIVING:** All prize winners must be in their club colours when collecting their prize. Winners must be present at prize giving otherwise the prize will be forfeited. No exceptions!

**RACE RESULTS:** [www.aswd.co.za](http://www.aswd.co.za) | [www.bouttime.co.za](http://www.bouttime.co.za)

**McDonald's**  
GARDEN ROUTE MALL

*to*

**McDonald's**  
COURTENAY STREET

**16 JUNE 2026** **08:00am**

# YOUTH DAY RACE

10km // RUN // WALK

LIMITED ENTRIES: 700 • NO RACE DAY ENTRIES

NO RACE DAY COLLECTION OF RACE NUMBERS

**ENTRIES AND RACE NUMBER COLLECTION**  
Sportsmans Warehouse, Eden Meander Mall  
Saturday • 13 June 12:00-15:00  
Monday • 15 June 12:00-15:00  
McDonald's Langeberg Mall, Mossel Bay  
Monday • 15 June 12:00-15:00

**McDonald's**



[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)

Held under the rules of  
ASA | ASWD | WA



This event is timed by  
an electronic bib chip  
NO BIB CHIP - NO RESULT



Entries: [www.entryninja.com](http://www.entryninja.com) | Enquiries: 083 376 7414 | 084 772 2451

ENTRY FORM - 10KM

- ☐ **R100** Licensed Athletes
- ☐ **R150** Unlicensed Athletes
- ☐ **R60** **Nedbank Runners**  
Enter before 16 May 2026 (R100 from 17 May)
- ☐ **R150** **M2M Running Socks**
- ☐ **R40** **Raffle Ticket**  
Stand a chance to win R5000 in lucky draw

Onlines fees: Add **R10** when entering online: [www.entrryninja.com](http://www.entrryninja.com)  
Late entry fee: Add **R20** to the entry fee on 14 and 15 June 2026 at Sportsmans Warehouse.

First Name \_\_\_\_\_ Contact Number \_\_\_\_\_

Surname \_\_\_\_\_ Email \_\_\_\_\_

ID Number \_\_\_\_\_ Club Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ 2026 License Number \_\_\_\_\_

|               |                          |              |                          |              |                          |               |                          |            |                          |             |                          |
|---------------|--------------------------|--------------|--------------------------|--------------|--------------------------|---------------|--------------------------|------------|--------------------------|-------------|--------------------------|
| <b>Junior</b> | <input type="checkbox"/> | <b>Open</b>  | <input type="checkbox"/> | <b>Male</b>  | <input type="checkbox"/> | <b>Female</b> | <input type="checkbox"/> | <b>Run</b> | <input type="checkbox"/> | <b>Walk</b> | <input type="checkbox"/> |
| <b>40-49</b>  | <input type="checkbox"/> | <b>50-59</b> | <input type="checkbox"/> | <b>60-69</b> | <input type="checkbox"/> | <b>70-79</b>  | <input type="checkbox"/> | <b>80+</b> | <input type="checkbox"/> |             |                          |

COLLECTION VENUE:

|                          |                                            |                          |                                          |
|--------------------------|--------------------------------------------|--------------------------|------------------------------------------|
| <input type="checkbox"/> | Sportsmans Warehouse,<br>Eden Meander Mall | <input type="checkbox"/> | McDonald's Langeberg Mall,<br>Mossel Bay |
|--------------------------|--------------------------------------------|--------------------------|------------------------------------------|

**INDEMNITY / DISCLAIMER:** By entering this event I undertake to be bound by the rules and 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 dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all 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.

SIGNED \_\_\_\_\_

DATE \_\_\_\_\_

**MINOR RELEASE:** And I the minor's parent 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. Printed name of participant (parent/guardian in the case of a minor).

SIGNED \_\_\_\_\_  
Signed by a parent/legal guardian if the participant is under the age of 18

DATE \_\_\_\_\_

ADMIN USE ONLY

Chip Number \_\_\_\_\_

Temp. Number \_\_\_\_\_

PRIZE MONEY | 10KM Run and Walk

|   | MEN/WOMEN<br>JUNIOR | MEN/WOMEN<br>OPEN | MEN/WOMEN<br>40-49 | MEN/WOMEN<br>50-59 | MEN/WOMEN<br>60-69 | MEN/WOMEN<br>70-79 | MEN/WOMEN<br>80+ | MEN/WOMEN<br>WALK | MEN/WOMEN<br>NBRCSWD |
|---|---------------------|-------------------|--------------------|--------------------|--------------------|--------------------|------------------|-------------------|----------------------|
| 1 | R300                | R1000             | R150               | R150               | R150               | R150               | R150             | R150              | R500                 |
| 2 | R250                | R700              |                    |                    |                    |                    |                  |                   | R300                 |
| 3 | R200                | R500              |                    |                    |                    |                    |                  |                   | R200                 |



winning starts here

10KM MEDALS

- Gold** First 100  
**Silver** Next 150  
**Bronze** Rest of Finishers

10KM TIME BONUS

MEN

- Sub 29:00 - R2000  
Sub 29:30 - R1000  
Sub 30:00 - R500

10KM TIME BONUS

WOMEN

- Sub 36:00 - R2000  
Sub 36:30 - R1000  
Sub 37:00 - R500



OPEN PRIZE

First 3 men and 3 women in the  
Open Category get a **Future Life Hamper**



**NO BIB TIMING CHIP - NO RESULT!**