

Run4FREEDOM

10km | 6km Run

MONDAY, 27 APRIL 2026 LANGA SPORTS GROUND, BITTERHOUT STREET, LANGA

START 10km - 07:15 AM | 6km RUN - 07:30AM

ONLINE ENTRIES

10km Licenced Senior R130

10km Unlicenced Senior R190

6km Fun Run Senior R80

70+ Free Entry for licenced runners

10km Licenced Junior R90

10km Unlicenced Junior R130

6km Fun Run Junior R60

Online entry: www.topevents.co.za (closing date midnight 20 th April 2026)

MANUAL ENTRIES

10km Licenced Senior R120

10km Unlicenced Senior R180

6km Fun Run Senior R70

70+ Free Entry for licenced runners

10km Licenced Junior R80

10km Unlicenced Junior R120

6km Fun Run Junior R50

MANUAL ENTRY & RACE NUMBER COLLECTION:

1. Saturday, 25 th April 2026 from 2pm to 6pm @ Langa Sports Ground and Sportsmans Warehouse (Rondebosch)
2. Sunday, 26 th April 2026 from 12pm to 3pm @ Sportsmans Warehouse (Rondebosch) and from 2pm to 6pm @ Langa Sports Ground
3. On Race Day: 5am to 7am at the Johnson Ngwevula Community Hall, Cnr Church Street and King Langalibalele Drive, Langa

Cash, Card and Snapscan Facilities available



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. Licensed athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licensed 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 agecategory 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 1300 finishers of the 10km race and the first 500 finishers of the 6km fun run.
17. Tog bag facility will be available from 5am.
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: Sipho Mgobozi - 0833607988 or Molebatsi Matube - 0659530977

Email: Run4Fredoom@Langaac.co.za

PRIZES MEN AND WOMEN

	Open	Junior	40-49	50-59	60-69	70-79	80 +	Team
1st	R1600	R800	R800	R800	R400	R400	R400	4 x R200
2nd	R1100	R600	R600	R600	R300	R300	R300	
3rd	R800	R400	R400	R400	R200	R200	R200	