



PINELANDS 10 km

ROAD RACE & 5 km FUN RUN/WALK

10 km run: 07h30 • 5 km: 07h45

LOWER OVAL, OFF FOREST DRIVE, PINELANDS

SPONSORED BY



SUNDAY 26 JULY 2026

Entries are open until Monday 20 JULY 2026 at

www.pinelandsathleticclub.co.za

- Entry collection can be done at the Pinelands Clubhouse on Thursday 23 July 2026 & Friday 24 July 2026 from 4pm - 7pm. Saturday 25 July 2026 from 4pm - 6pm & Sunday 26 July 2026 between 6am and 7.15am.
- Medals to the first 2000 - 10km finishers and medals to the first 350 - 5km finishers.
- Runners will be offered cups of water at the two water stations on the 10km route.
- Lots of lucky draw prizes.
- The race is run according to the rules of ASA and WPA.



Organised by:
The Pinelands
Athletic Club

ENTRY FEES:

Licenced R120		Unlicenced R180
70+ Licenced R70		Unlicenced R130
Juniors R80		Unlicenced R120
Fun Run R50		



Pinelands



WESTERN PROVINCE ATHLETICS

PRIZE MONEY – 10 KM

Men & Women	1st	2nd	3rd	Men & Women	1st	2nd	3rd
14-19 (Juniors)	R800	R600	R400	60-69	R800	R600	R400
Open	R1 800	R1 200	R800	70-79	R800	R600	R400
40-49	R800	R600	R400	80+	R800	R600	R400
50-59	R800	R600	R400	Open Teams (Men and Women) (4 x R500)	R2 000		

RACE INFORMATION

- Enquiries:** Wendal Smith 073 177 4394 or Henry du Plessis 084 220 0227
- Online entries are open until midnight on Monday 20 July 2026 at www.pinelandsathleticclub.co.za.
- Race starts and finishes at **PINELANDS ATHLETIC CLUB**, Lower Oval, Pinelands.
- A safe tog bag facility will be provided at runners own risk.
- Entry fee for licenced runners is **R120.00**. Ages 70+ **R70.00**. Juniors is **R80.00**. Fun Run (5km) is **R50.00**.
Temporary licence fees are **R60.00** for Seniors and **R40.00** for Juniors.
- Fun Run:** Participants younger than 10 years must be accompanied by an adult.
- Social Walkers are welcome to enter the 10km run. Walkers to start at the back and to keep to the side of the road.
- Results will be available on www.wpa.org.za.

RACE RULES: 10km Run

- The race is run according to the rules of ASA & WPA.
- Runners must obey traffic officers, race marshals and race officials at all times.
- Participants must be 14 years of age or older on race day.
- No personal seconding permitted except at official refreshment stations.
- The time limit is **120 minutes**. Cut off 09h30.
- Licensed runners should run in club colours and licences valid for 2026 must be worn on the front and back of the vest or purchase a temporary licence to be worn on the front of the vest. 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.
- Team prizes: Only South African citizens are eligible and must wear full club colours and run with a permanent licence number.
- Temporary licensed runners to wear plain clothing, no advertising.
- Age category tags must be worn (front & back) and be visible for the entire race to be eligible for any age category prizes including Juniors.
- No race numbers will be issued.
- The use of music players with headphones is not allowed and may result in disqualification.
- Entry cards must be carried throughout the race and handed in at the finish.
- Do not litter. Dispose of cups responsibly by using the boxes provided or carrying them to the finish.
Report offenders to the referees. #RunClean
- Coke will be available at the finish.
- Entrants participate at their own risk.
- Prize giving will be soon after 09h30.
- DISCLAIMER:** Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletic 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.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- Eats and refreshments will be on sale.
- R5.00 of every entry fee will be donated to the Kensington Home for the Aged.

PRIZES

- 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 on 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.
- 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.
- Juniors born 2007 or later, must display age tags "J" to qualify for age group prizes.
Juniors will count towards Open team prizes.
- Licences valid for 2026 must be worn front and back of vest and club colours must be worn to qualify for team prizes.

