

# GOODWOOD HARRIERS

## 10KM RUN • WALK CHALLENGE



**30 SEPTEMBER 2017 SATURDAY**

**7AM START | 9AM PRIZE GIVING**

**120 MIN  
TIME LIMIT**



**TOG BAG FACILITIES AVAILABLE \*  
RESULTS TO BE POSTED TO CLUBS**

## REGISTRATION

**ONLINE ENTRIES ON  
ALL MY SPORTS SA  
FREE APP AND  
WWW.ALLMYSPTS-SA.CO.ZA**



**29 SEPTEMBER  
FRIDAY  
5PM – 9PM  
GOODWOOD SPORTS CLUB  
MILTON ROAD**

**30 SEPTEMBER  
SATURDAY  
5AM – 6.30AM  
FORT IKAPA MILITARY BASE  
GOODWOOD**

\*AT YOUR OWN RISK

**FOR ENQUIRIES, CONTACT**

**FAFFA 082 978 9339**

**BOBBY 081 354 8286**



WESTERN PROVINCE ATHLETICS



## ENTRY FEE

### LICENCED ATHLETE

**R50 - SENIOR**

**R30 - JUNIOR**

**FREE - 70+**

### UNLICENCED ATHLETE

**R80 - SENIOR**

**R45 - JUNIOR**

**R30 - 70+**

## PRIZES – MEN AND WOMEN



OPEN	R500	R450	R400
JUNIOR	R300	R250	R200
40-49	R350	R300	R250
50-59	R300	R250	R200
60-69	R300	R250	R200
70+	R300	R250	R200

**REGISTERED RUNNERS/WALKERS MUST WEAR CLUB COLOURS  
AND 2017 LICENCE NUMBERS ON FRONT AND BACK OF THE VEST.**

## RACE RULES

1. Minimum age on race day for the 10km Run is 14 years.
2. Participants must obey instructions of Marshalls and traffic officers.
3. Licenced athletes should wear Club colours. Unlicensed athletes must run in clothing without advertising.
4. Registered athletes must wear their ASA licences on the front and back of their vest. Temporary licenced athletes wear the temporary licence number on the front of their vest. Temporary licence holders registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
5. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age 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 their chronological age or any younger category down to senior.
6. Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
7. Juniors born 1998 or later must display category tags "J" to qualify for age group prizes.
8. Entry cards must be carried for the duration of the race. Any participant not able to produce an entry card, when asked to do so by a race official, may be disqualified.
9. No personal seconding will be permitted, except an official refreshment stations.
10. Licenced athletes 70+: free. Unlicensed 70+: R30.
11. Time limit for the 10km run is 2 hours.
12. Tog bag facilities will be provided at own risk.
13. Organisers and WPA accept no responsibility for any accident or injury resulting from participation in the event.
14. For safety reasons the use of personal music players with headphones is not allowed. Use of such device in contravention of ASA rule 30.10.6 may result in disqualification.
15. This event is held under the rules and regulations of IAAF, ASA and Western Province Athletics, and is organized by the Goodwood Harriers Running Club.
16. Please 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.
17. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
18. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
19. Prize giving will take place at 09h00am.



# GOODWOOD HARRIERS 10KM CHALLENGE

- KEY
- Distance Markers
  - One-way arrows
  - Outbound route
  - Traffic lights
  - Water Table

