

**NO FINANCE
CARS**

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CENTRAL ATHLETICS 2018 10km CHALLENGE and 5km Fun Run 10km starts at 07:00

**SUNDAY
08 APRIL 2018
NEWLANDS
CRICKET STADIUM**



RACE RULES

1. The Central Athletics 10km Challenge is open to all licensed and unlicensed runners. Runners need to be 14 years and older.
2. Licensed runners should wear club colours and must display a 2018 license on the front and back of the vest.
3. Temporary licenses are available at R35 for 10km senior and R20 for 10km junior events.
4. 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. Temporary runners must purchase a temporary license, which must be worn on the front of the vest.
5. Personal seconding is not permitted except at official refreshment points. Private vehicles are requested not to follow the athletes on the road.
6. 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 on the club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
7. Athletes competing for a category prize must wear age category tags (on the front and the back).
8. Juniors (born from 1999 onwards) wearing junior or senior licenses, must wear an age category tag "J" to qualify for age group prizes.
9. All traffic officers and marshals must be obeyed.
10. Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. The athletes must be able to produce the letter from their federations permitting participation on race day.
11. Kilometer markers will be placed at each kilometer mark.
12. Refreshments stations will be situated approximately every 3km.
13. Togg bag facilities will be available at own risk.
14. There will be a togg bag and toilets facility at the finish.
15. The cut off time is 09h00.
16. Entry fees are non-refundable.
17. Entry cards must be worn and be visible for the duration of the race and handed in at the results board at the finish.
18. Please move swiftly through the finishing chute in order to avoid congestion.
19. PLEASE DO NOT LITTER! Dispose sachets and cups responsibly by using the boxes provided or carrying them to the Finish. Offenders should be reported to the referees. #RUN CLEAN
20. Results will be available on www.wpa.org.za.
21. Unlicensed runners must wear plain clothes (no advertising permitted).
22. Race numbers will not be issued. All registered athletes must wear two valid licence numbers. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
23. Three refreshment stations provided.
24. For safety reasons the use of personal music players with headphones is not allowed. Use of such device in contravention of ASA rule 34.10.6 may result in disqualification.
25. Temporary licences will be available at registration. When registering participants must compete and hand in the tear-off strip from the number in order to be eligible to compete.
26. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
27. Liability: the organisers and sponsors accept no responsibility for injury or accident resulting from participation in the race.
28. The race is run according to the rules of ASA and WPA.
29. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

FUN RUN INFO

Participants below 10 years of age must be accompanied by an adult. Prams are allowed. There will be lucky draw prizes for the Fun Run.

PRIZE MONIES MALE AND FEMALE

14-19	OPEN	40 - 49	50 - 59	60 - 69	70+
R800	R2500	R700	R600	R600	R600
R500	R1000	R500	R250	R250	R250
R250	R500	R250	R150	R150	R150

RACE	START TIME	CUT-OFF TIME	LICENSED ATHLETES	UNLICENSED ATHLETES
10KM CHALLENGE	07h00	09h00	R50	R85
10KM JUNIOR	07h00	09h00	R30	R50
5KM FUN RUN	07h30	09h00	R30	R30

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HOW TO ENTER

ENTRIES:

1. Enter online at www.topevents.co.za (should you have any enquiries about entering online, please contact Top Events on (021) 511 7130 or email info@topevents.co.za) Closing date 2nd April 2018 at 24h00 (midnight).

Please note if payment is not received within 7 days of entry, your entry will be deleted.

2. In-store entries will only be taken at Sportman's Warehouse Rondebosch and Tygervally.

You will receive two till slips, one to be stapled onto your entry form and the other serves as your proof of entry.

Please bring this with you to the number collection which will take place on race day. Closing date for in-store entries is 29th March 2017.

3. Race day entries will be taken on race day at the venue from 04h45 to 06h45.

4. Entry fees are non-refundable.

5. Subject to pre-entries and any participation limits imposed by the relevant authorities, limited entries may be available on race day for the Central Athletics 10km challenge and 5km Fun Run.

NUMBER COLLECTION:

Number collection for in-store and online entries will take place at **Groote Schuur High School on Friday 6 April from 14h00 to 19h00 and on race day Sunday 8 April from 04h45 to 06h45.**



CENTRAL ATHLETICS 2018 10km CHALLENGE and 5km Fun Run

CONFIRMATION OF ENTRY:

1. In-store and online entries will receive a confirmation email (if an email address is provided by you)
2. Prior to number collection you will receive a sms indicating your race number and number collection venue.
3. Please bring proof of your entry and sms/email confirmation with you to the number collection.

START TIMES:

1. 10km starts at 07h00 am. Medals to all finishers before cut off (09h00).
2. 5km starts at 07h30 am. Medals to all finishers before cut off (09h00).

START VENUE:

Both the 10km and 5km races will start and finish at The Newlands Cricket Stadium.

RACE INFORMATION:

- Free secure parking will be available at Groote Schuur School.
- Toilets: Available at the Groot Schuur High School and Newlands Cricket Stadium.
- A tog bag facility will be available for use at runner's own risk.
- Refreshment stations provided approximately every 3km. Each kilometre will be clearly marked.
- All sachets and litter must be put in bins on the route or carried by the runners.
- No discarded sachets or litter will be allowed on the route.
- Runners seen littering will be disqualified. Prize giving will commence at approximately 09h00.

ENQUIRIES PLEASE CONTACT:

- Adnaan Mohamed on 083 427 4648
- Wafeeq Williams on 074 484 5324
- Nurjehan Perin on 082 304 7764
- Reza Ebrahim on 076 448 9703
- Or email centralathleticsclub@gmail.com



ENTRY FORM:

INDICATE EVENT:

Please tick: ☐ 10Km Run ☐ 10Km Walk ☐ 5Km Fun Run

AGE CATEGORY:

☐ 14-19 ☐ 20-39 ☐ 40-49 ☐ 50-59 ☐ 60-69 ☐ 70+

ID NUMBER:

NATIONALITY:

D.O.B:

Age: Please tick: ☐ Male ☐ Female

FIRST NAME:

SURNAME:

ADDRESS:

SUBURB:

TEL (W):

EMAIL:

DO YOU BELONG TO A RUNNING CLUB:

☐ Yes ☐ No

CLUB:

PROVINCE:

MEDICAL AID:

MEDICAL AID NUMBER:

EMERGENCY CONTACT PERSON:

CONTACT NUMBER:

Closing date for manual pre-entries

29 March 2018

Closing date for online entries

2 April 2018

INDEMNITY

I agree to enter and participate in the 10km challenge and 5km Fun Run entirely at my own risk and indemnify the organisers, sponsors, WPA and any person assisting in the organisation of the race against any claim whatsoever. I understand that I should be medically fit to run in this race. I declare that I'm 14 years and older (for the 10km race).

Signed: _____

Signature of parent or gaurdian if under the age of 18: _____

EVENT	FEE	TOTAL
10KM LICENSED	R50	
10KM UNLICENSED	R85	
10KM JUNIOR TEMP LICENSED	R30	
10KM JUNIOR UNLICENSED	R50	
5KM FUN RUN	R30	
TOTAL		

14% premium is payable for online entries.