



# SATURDAY 25th NOVEMBER 2017

## Titans 10<sup>th</sup> ANNUAL ROAD RACE



**SOCIAL WALKERS WELCOME**

Start / Finish at Rockland's Sport Complex;  
Weltevreden Road; Mitchells Plain

**21.1km**

RUN

**06h00**

**10km**

RUN

**06H15**

**5km**

FUN RUN

**07H30**

### ENTRY FEES

ONLINE (Until 13 November)	LICENSED	UNLICENSED
<b>21.1 km</b>	R85	R135
<b>10 km</b>	R50	R80
<b>10 km Juniors</b>	R30	R45
<b>5 km Fun Run</b>	R10	R10

**online entries will attract a service charge.**

**Together We Can**

#### TO TRY AND AVOID TRAFFIC CONGESTION AT THE START

- Participants are encouraged to arrive earlier.
- The club will also be providing alternate routes to the start as well as extra Parking areas.

#### CUT OFF TIMES:

10km - 2 hours

21.1km - 3h30

ENTRIES AVAILABLE AT:

#### PRE-ENTRY:

<http://www.topevents.co.za/>

#### ONLINE QUERIES:

TOP EVENTS 021 511 7130  
(Closing entries midnight 13<sup>th</sup> November 2017)



**TOPEVENTS**

#### IN STORE ENTRIES:

Sportsman Warehouse (Rondebosch & Tygervalley)

Closing date 6<sup>th</sup> November 2017

#### ON THE DAY ENTRIES:

Entries will be taken on race day at Glendale High in the School Hall.  
Race card collection will take place on race day from 05h00

### GENERAL INFORMATION

- AWESOME SPOT PRIZES
- Medals to all finishers
- Secure parking & tog-bag-area at Rocklands Sport Complex
- Live entertainment
- Food and refreshments will be on sale

### ENQUIRIES

E: [mptitans@gmail.com](mailto:mptitans@gmail.com)

T: Shane Murray 071 870 9148 OR Jamaine Cloete 072 606 5014

<https://www.facebook.com/mptitans>

[www.mptitans2006.co.za](http://www.mptitans2006.co.za)



# Mitchells Plain Titans



**Saturday 25th  
November 2017**

## PRIZES

**Prize Giving starts at 09h30**

21.1KM RUN	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>
Open Men and Women	R800	R650	R550
Men and Women (40-49 years)	R600	R500	R400
Men and Women (50-59 years)	R500	R400	R300
Men and Women (60-69 years)	R400	R350	R250
Man & Woman 70+	R250		

10KM RUN	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>
Open Men and Women	R600	R400	R300
Men and Women (40-49 years)	R400	R300	R200
Men and Women (50-59 years)	R300	R200	R150
Men and Women (60-69 years)	R250	R150	R100
Junior Boys and Girls (14-19 years)	R450	R350	R250
Man & Woman 70+	R200		



## SPONSORS

**TOTALSPORTS**



## RACE RULES:

- The race is run according to the rules of the ASA and WPA.
- All registered athletes must wear two valid licence numbers front and back. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
- Race numbers (bibs) will not be issued.
- Runners must obey traffic officers, race officials and race Marshalls at all times.
- The organizers, sponsors & WPA accept no responsibility for injury or accident resulting from participation in the race
- Participants must be 16 years for 21.1km and 14 years for 10km.
- Juniors (born in 1998 or later) must display "J" category tags to qualify for age category prizes.
- Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear age tags and provide proof of age.
- Entry cards must be in the athletes possession at all times during the race.
- Age category tags must be worn (e.g. 40,50,60 etc.) front and back if runners wish to be eligible for age category prizes.
- Refreshment tables will be provided at regular intervals in accordance with the rules of ASA and WPA.
- Cut Off Times : 21.1km - 3 1/2 Hours / 10km Run—2 Hours/
- Prize giving will take place at 09h30 at the Rocklands Sport Complex. Tog bag facility available, at own risk.
- 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.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation..
- The use of music players with headphones is not allowed and may result in disqualifications.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- 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.
- Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
- No personal seconding will be permitted except at officials refreshment stations.

**[www.mptitans2006.co.za](http://www.mptitans2006.co.za)**

Mitchells Plain Titans Athletic Club would like to thank all those individuals and organisations who contributed to the success of our Race.