

OMMIEDRAAI

ATHLETES • RUNNERS • FRIENDS



10KM RACE

SUNDAY, 22 OCTOBER 2017

WPA INCENTIVE RACE



Parking
available at KC

ENTRY COSTS

- Open Licenced R50/Unclicenced R80
- Juniors R30/Unclicenced R45
- Licenced 70yr+ free on the day
Unclicenced 70yr+ R30
- Fun Run R25



RACE TIMES

- 10km Run – 6:30am
- 10km Walk – 6:40am
- 5km Fun Run – 6:45am



REGISTRATION

- KC Food Court – Fri 13th & Sat 14th
- KC Food Court – Fri 20th, 3pm to 5pm
- KC Food Court – Sat 21st, 10am to 5pm
- Race Day – parking area at PnP DIY section
– Sun 22nd 5:30am



ONLINE REGISTRATION

- At Top Events and All My Sports from
18 September and closes at midnight on 15 October.
- Online entry collection at KC on Friday 20th,
Saturday 21st and Sunday 22nd before race.

Prize Money
R5 000 in
unit trusts
for Male and
Female winners

Includes a 5km FUN RUN and 10km WPA LEAGUE WALK
– Rosmead Sports Grounds, Loch Road, Kenilworth –

ENTRY RULES

1. The race is run according to the rules of IAAF, ASA and WPA.
2. Participants in the 10km must be 14 years of age or older on race day. Participants in the 5km under the age of 9 to be accompanied by an adult.
3. Race numbers (bibs) will not be issued. All registered athletes must wear two valid ASA 2017 licence numbers. Licenced runners should wear club colours with valid 2017 ASA licence displayed on the front and back 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.
5. Licenced athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
6. The use of music players with headphones is not allowed and may result in disqualification.
7. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
8. Entry cards, when issued, must be in the athlete's possession during the race and handed in at the results board at the Finish.
9. Cut off for all races is at 08h15. Prize-giving is at 09h00.
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. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
12. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
13. Stamped race entry cards must be shown to qualify for your special medal.
14. There will be tog bag facilities, at own risk.

PRIZES: 4 groups of prizes

A. 10KM RUN

Category	1st	2nd	3rd
14-19	R400	R350	R300
Open	R700	R500	R300
40-49	R400	R300	R150
50-59	R400	R300	R150
60-69	R400	R300	R150
70+	R400	R300	R150
Teams (Open)	4 x R150	4th & 5th for juniors only – R150 each	

B. WPA LEAGUE WALK

Position	Male	Female
1st	R300	R300
2nd	R200	R200
3rd	R100	R100

C. R5 000 IN UNIT TRUSTS

Awarded to first male and female finishers in the 10km run.

D. KING & QUEEN OF THE HILL

Awarded to first male and female to summit the famous race hill (approx. summit distance – 5.5km) and finish in the top 5.

INFORMATION

Race queries to be directed to Wasfi Adams on 0763714089 or Waleed Samsodien on 0846033155. Alternatively email race queries to ommiedraai@gmail.com.



WESTERN PROVINCE ATHLETICS
Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoo.co.uk



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

