



McKenna & Scott/Pinelands Athletic Club

# 10km Road Race & 5km Fun Run/Walk & WPA 10km League Walk

WP 10KM CHAMPIONSHIPS

## SUNDAY 30 JULY 2017

10km run: 07h30 • 10km walk: 07h40 • 5km start: 07h45



**Entry fees: Licenced R50. Unlicenced R80.  
Juniors R30. Unlicenced R45. Fun Run R25**

- ★ Online entries open until Tues 25 July 2017 at [www.topevents.co.za](http://www.topevents.co.za) until 12am
- ★ Medals to the first 2 000 – 10km finishers and medals to the first 400 – 5km finishers
- ★ Lots of lucky draw prizes
- ★ Pre-entries and registration for online entrants will be taken at Sportsmans Warehouse Rondebosch on SATURDAY 29 July 2017 from 10am to 3pm.
- ★ Entries and registration for online entrants can be done at the Pinelands Clubhouse on SATURDAY 29 July from 4pm – 6pm as well as on SUNDAY 30 July 2017 between 6am and 7.30am

The race is run according to the rules of IAAF, ASA and WPA

Lower Oval (Off Forest Drive) GPS coordinates 33° 56' 25.131" S 18° 29' 59.693" E

PRIZE MONEY – 10 KM			
Men & Women	1st	2nd	3rd
14-19	R400	R300	R150
Open	R700	R500	R300
40-49	R400	R300	R150
50-59	R400	R300	R150
60-69	R400	R300	R150
70 +	R400	R300	R150
Open Teams (Men and Women) (4 x R150)	R600		

PRIZE MONEY – WPA LEAGUE WALK	
1st Male and Female	R300 x 2
2nd Male and Female	R200 x 2
3rd Male and Female	R100 x 2



### RACE INFORMATION

- Enquiries – Dion Stevens 082 730 8320.
- Enter on race day between **06h00** and **07h30**.
- Race starts and finishes at **PINELANDS ATHLETIC CLUB**, Lower Oval, Pinelands.
- Tog bag security will be provided at runners own risk.
- Manual entry fee is **R50.00** and **R30.00** for juniors for 10km. **R25.00** for 5km Fun Run.
- Online entry fee is **R57.00** and **R34.20** for juniors for 10km. **R28.50** for 5km Fun Run.
- Online entries at [www.topevents.co.za](http://www.topevents.co.za) until 12am on Tuesday 25 July 2017.
- 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 sent to all clubs.

### RACE RULES: 10km Run and Walk

- The race is run according to the rules of ASA & WPA.
- Runners must obey traffic officers, race marshals and race officials at all times.
- Nobody under the age of 14 years may participate.
- 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 a licence valid for 2017 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.
- Temporary licensed runners to wear plain clothing, no advertising.
- No race numbers will be issued.
- For safety reasons the use of personal music players with headphones is not allowed. Use of such device in contravention of ASA 30.10.6 may result in disqualification.
- Entry cards must be carried throughout the race and handed in at the finish.
- Entry cards will be exchanged for a pair of socks and a race calendar to first 2 500 finishers.
- 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.
- Water and Coke will be available along the route and at the finish.
- Entrants participate at their own risk.
- Prize giving will be soon after 09h15.
- Participants take part at their own risk and the organisers, sponsors and WPA will not be held responsible for any accident or injury resulting from the athlete's participation.
- Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.
- Eats and refreshments will be on sale.
- R1 of each entry fee will be donated to **Red Cross Childrens Hospital**.

### 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 1998 or later, must display age tags "J" to qualify for age group prizes. Juniors will count towards Open team prizes.
- Licences valid for 2017 must be worn front and back of vest and Club colours must be worn to qualify for team prizes.



**WESTERN PROVINCE ATHLETICS**  
Race flyers and results  
[www.wpa.org.za](http://www.wpa.org.za)  
[wpa-subscribe@yahoogroups.com](mailto:wpa-subscribe@yahoogroups.com)