## **Race Rules**

- Ι. Minimum age for competitors: 10km Run: 15 years or older on race day
  - 5km Fun Run / Walk: Toddlers and children under the age of 10 years old must be accompanied by an adult.
- 2. 10km Run athletes must wear their club colours with the race number on the front and 2013 WPA licence number on the back of vest / sweater.
- 3. 10km Run athletes not belonging to a running club and who do not own a WPA licence, must purchase a temporary licence and pay the race entry fee for an unlicenced athlete. No race entry card, no medal.
- 4. Temporary licenced athletes to wear the race number on the front and the temporary licence issued at the back of vest / sweater.
- 5. 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.
- 6. Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group and wear the appropriate tags. Proof of age may be requested.
- 7. Juniors (born 1994 or later) wearing a junior or senior license must be display age tags ("J"), to qualify for age group prizes. Juniors will count towards Open team prizes. Juniors must provide proof of age.
- 8. Those running the Womens Day Challenge 5km must wear their Womens Day Challenge race number on their chests.
- 9. Only entrants at prize giving will be eligible to win lucky draw prizes. MEN ARE NOT ELIGIBLE TO WIN ANY PRIZES.
- 10. All marshals and traffic officials must be obeyed. Failure to comply will lead to disgualification. The WPA Technical Officials must be obeyed at all times.
- 11. No personal seconding will be permitted except at official refreshment stations.
- 12. Time limit for the 10km Run 2:00 hrs. No time limit for 5km Fun Run / Walk.
- 13. For safety reasons the use of personal music players during road races is strongly discouraged. Any person using such device in contravention of IAAF Rule 144.2b who fails to obey a reasonable instruction from a race official may be disqualified and shall not be eligible for individual or team prizes.
- 14. Edgemead Runners supports the WPA anti-litter campaign and no littering during the race will be tolerated. (No littering allowed 200m beyond refreshment point which will be indicated by the anti-litter campaign board). Your co-operation in achieving this goal will be sincerely appreciated.

"Think Twice! Take the Step! Don't Litter!"

Edgemead Runners supports recycling and therefore our objective for our race is to ensure that we recycle at least 15. 75% of the litter produced on the route as well as at the finish.

### General

- Ample parking in surrounding areas. Please arrive early.
- 2. Owners must lock their vehicles and ensure that no items are left on the seats.
- 3. Tog bag facilities will be provided. Cell phones, money and personal jewelry not to be left in tog bags. A special bag card will be issued. No bag card, no bag.
- 4. live and water will be supplied at regular intervals on the route.
- 5. Refreshments on sale.
- 6. Lucky draw / spot prizes up for grabs for all races. Winners must be present at prize-giving to claim prizes.
- 7. Entrants participate at their own risk and the sponsors and organisers will not accept any liability for any injuries, illness or accident occurring during or as a result of the race.



### For Further information or to **REGISTER**



Contact Itheko Events Management: www.itheko.com / fatima@itheko.com OR www.womensdaychallenge.org.za / Email: wdc@edgemeadrunners.org.za



Office:

Zarina Meyer-Brewer 021 762 8934 Event Communications Manager: Fatima Allie 082 066 3353







# Friday 9 August 2013

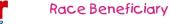
AH **Pre-entries** will receive a unique race t-shirt

### **Bellville Athletics Stadium Charl Cronje Drive** 10km Run 08:00 5km Fun Run/Walk 08:15 Social walkers welcome



Sportsmans

inning starts her





R.P. Printers 021 696 8736 / www.rpprinters.co.za





**People's Post** 



# Womens Day Challenge 2013

### Race Information

Race	Start Time	Cut Off Time	Lucky Draw Prizes	Licensed Senior Athletes	Unlicensed Senior Athletes	Licensed Junior Athletes	Unlicensed Junior Athletes
10km Run	08:00	10:00	Yes	R50	R70	R50	R60
Online Entries (10km)	08:00	10:00	Yes	R57	R79	R57	R68
5km Fun Run/Walk	08:15	n/a	Yes	R50	R50	R50	R50
Online Entries (5km)	08:15	n/a	Yes	R57	R57	R57	R57

### In Store Entries (Closes Sunday 28th July)

	Location		
Sportsmans Warehouse	Rondebosch	Tokai	
	Canal Walk	Somerset West	
	Tygervalley		

Registration (Collection of t-shirts and race numbers)

	Location	Date	Time	
Sportsmans Warehouse	Rondebosch	3 August	10:00 - 17:00	
	Tygervalley	3 August	10:00 - 17:00	

### Late Entries

	Location	Date	Time
Sportsmans Warehouse	Rondebosch & Tygervalley	3 August	10:00 - 17:00

### Limited Entries on Friday 9 August from 6am at the Bellville Athletics Stadium

### Medal Categories

10km Run		5km Fun Run/Walk
Gold: Positions 1-5	Race entry cards must be worn for the duration	Medals to all finishers who hand in
Silver Positions 6-50	of the race. Failure to do so will lead to	race entry card.
Bronze: To all finishers within cut off time	disqualification. Race entry cards will be exchanged for medals at finish. No race entry card, no medal.	

### **Prize Structure** (10km Women Only)

Position	I.	2	3	4	5	6	7	8	9	10
Open	R2000	R1500	R1000	R750	R500	R450	R400	R350	R300	R250
15-19	R500	R450	R400	R350	R300	R250	R200	R150		
40-49	R500	R400	R300							
50-59	R500	R400	R300							
60-69	R500	R400	R300							
70+	R500									

### Prize giving will start at 10:00



Hosted by Edgemead Runners

# R79 R57 R68 R50 R50 R50 R57 R57 R57 ONLINE ENTRIES

www.enteronline.co.za CLOSES 28 JULY

### Run under the auspices of Western Province Athletics and ASA

### Entry Details

Race Distance	5km	10km		
Age Category	15-19	20-39 40-49	50-59 60-69	70+
ID Number				le Male
Surname				
First Name				
Postal Address				
			Code	
Work/Home Number			Cell	
Email				
Athletic Club Members				
License Number		Date of Birth D/M/Y		Age
Number Collection	3 AUGUST	Sportmans Warehouse	Tygervalley	Rondebosch
T-shirt Size	Kids 9-10	Small	Medium Large	🗌 X Lrg 🗌 XX Lrg
In case of Eme	rgency			
Name				
Relation				
Telephone Number				
_				

### Payment

Club Members 10km Run (jr.) 10km Run (sr.) 5km Walk/Run

### Non-Club Members

Non-Club Fichibers	
10km Run (jr.)	
10km Run (sr.)	
5km Walk/Run	

Children joining you on 5km Race Day (Under 9yrs of age)

Name:	R50
Name:	R50
Name:	R50
Childrens Hospital Donation	R

### Indemnity and Waiver

R50

R50

R50

R60

R70

R50

I agree not to hold Womens Day Challenge, Edgemead Runners, ASA, WPA any sponsors or any other persons assisting in the organising of the race, liable for any injury which I may suffer directly as a result of participating in the race. I confirm that this Special Agreement is entered into for the benefit of the Womens Day Challenge event, the sponsors and the persons assisting the organisation of the event.

C' 1	B
Signed:	Date:

Signature of Parent or Guardian if under the age of 18

A portion of the entry fee will be donated to Children's Hospital Trust

www.childrenshospitaltrust.org.za