

## Race Rules

- 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.
  - 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.
  - 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 unlicensed athlete.  
No race entry card, no medal.
  - Temporary licenced athletes to wear the race number on the front and the temporary licence issued at the back of vest / sweater.
  - 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 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.
  - Juniors (born 1994 or later) wearing a junior or senior license must display age tags ("J"), to qualify for age group prizes. Juniors will count towards Open team prizes. Juniors must provide proof of age.
  - Those running the Womens Day Challenge 5km must wear their Womens Day Challenge race number on their chests.
  - Only entrants at prize giving will be eligible to win lucky draw prizes. **MEN ARE NOT ELIGIBLE TO WIN ANY PRIZES.**
  - All marshals and traffic officials must be obeyed. Failure to comply will lead to disqualification. The WPA Technical Officials must be obeyed at all times.
  - No personal seconding will be permitted except at official refreshment stations.
  - Time limit for the 10km Run 2:00 hrs. No time limit for 5km Fun Run / Walk.
  - 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.**
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- Edgemoor 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!"**
  - Edgemoor Runners supports recycling and therefore our objective for our race is to ensure that we recycle at least 75% of the litter produced on the route as well as at the finish.

## General

- Ample parking in surrounding areas. Please arrive early.
- Owners must lock their vehicles and ensure that no items are left on the seats.
- 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.**
- Jive and water will be supplied at regular intervals on the route.
- Refreshments on sale.
- Lucky draw / spot prizes up for grabs for all races. Winners must be present at prize-giving to claim prizes.
- 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.**

Organized by:



For Further information or to **REGISTER**

Contact Itheko Events Management: [www.itheko.com](http://www.itheko.com) / [fatima@itheko.com](mailto:fatima@itheko.com)  
OR [www.womensdaychallenge.org.za](http://www.womensdaychallenge.org.za) / Email: [wdc@edgemoorrunners.org.za](mailto:wdc@edgemoorrunners.org.za)

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

R.P. Printers 021 696 8736 / [www.rpprinters.co.za](http://www.rpprinters.co.za)



**Friday 9 August 2013**



**Bellville Athletics Stadium**

**Charl Cronje Drive**

**10km Run 08:00**

**5km Fun Run/Walk 08:15**

**Social walkers welcome**



**Race Beneficiary**



The Children's Hospital Trust  
[www.childrenshospitaltrust.org.za](http://www.childrenshospitaltrust.org.za)

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