

TOP FORM 10KM 2025

Entry Fees:

Licensed: R130 (Junior: R100)

Unlicensed : R190 (Junior: R120)

The above includes your timing chip

Collection Points on 21st February 2025:

1. Sportsmans Warehouse Rondebosch
2. Motus Ford Diep River

10:00 - 16:30 for both points

SATURDAY

22 FEBRUARY 2025

6:30AM

TURFHALL PARK SPORTS FACILITY

CORNER OF TURFHALL ROAD &
JAN SMUTS AVENUE, ATHLONE

PARTNERS



AJOUHAAR
BUTCHERY



SERVICE PROVIDERS



YOUR PB RACE

WESTERN PROVINCE COCA-COLA

ROAD LEAGUE RACE



1. Race to be run in accordance with the rules of ASA and WPA.
2. It is compulsory for entrants to register. Limited Race entries will be available from 05:00 to 06:20 on race morning. Only card payment on race morning will be accepted, NO CASH will be accepted.
3. A disposable timing chip will be attached to your race number. Please do not tamper with either the chip or the foam backing. Ensure that the chip is not folded or covered by clothing or straps. No Chip. No Time. For safety and awards purposes, ONLY the person assigned to this race number may use it. For all timing or results queries, please email topform10race@gmail.com within 3 days of the event date.
4. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
5. In addition to the Open prizes, athletes will only be eligible for prize money in the age category in which they entered.. Corresponding numerical age 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. Juniors born 2006 or later wearing a junior or senior licence number must display age tags (*J) to qualify for age group prizes.
6. 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. All 10km participants must be 14 years or older. Licenced athletes should wear club colours. Team Prizes are restricted to SA Citizen wearing full club colours with permanent ASA licence number.
7. A valid ASA licence must be displayed on the front and back of running vest. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize including Juniors.
8. Unlicensed athletes must run in clothing without advertising and must purchase a temporary license number which must be worn on the front of their 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.
9. Runners must obey traffic officers, race marshals and race officials always.
10. Cut-off time is 1h 45 hours @ 08:15. Prize giving will take place at 08:15. All prize winners must submit their banking details & copy of ID. Official Race Results will be re-checked and signed off by WPA. Once signed off All monies will be paid electronically. Please allow up to 7 working days for payments. Proof of age may be required for winners.
11. Medals to the first 1500 athletes that crosses the finish line in the 10km Road Race.
12. There is no separate walk event. Social walkers very welcome.
13. No personal seconding will be permitted, except at official refreshment stations.
14. The use of music players with headphones is not allowed and may result in disqualification.
15. There will be two water stations on the course and Coca-Cola and water at the finish. There will be NO water sachets, so bring your own small bottle to refill.
16. Please do not litter. #RunClean. Dispose of litter responsibly by using the boxes provided or carry to the end. Those found littering on the course will be fined.
17. Please arrive early, obey marshals, and do not park illegally or in residents' driveways. Allow for parking +/-10 minutes walking distance away. Vehicles parked at own risk. Limited parking at Turfhall.
18. Tog Bag facilities will be available at Turfhall Hall at your own risk.
19. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
20. Payment will be processed once the referee's decisions are finalized, and will occur during the week following week after the race.

INDEMNITY: All runners undertake to participate at their own risk. The organisers, WP Athletics, Helpers and Sponsors cannot be held liable for any illness or injury during or as a result of the race and are not liable for the loss or theft of any goods.

Race Enquiries: topform10race@gmail.com

POSITION	JUNIORS	OPEN	40-49	50-59	60-70	70+
1st	R650	R1 000	R700	R700	R700	R700
2nd	R450	R750	R500	R500	R500	R500
3rd	R300	R500	R300	R300	R300	R300
TEAM		4 x R300				

PRIZE MONEY