

TOP FORM 10KM

"YOUR PB RACE"



SATURDAY 6th JUNE 2026
START TIME: 07:00

SPORTS FIELD,
WOODBURY ROAD, KENWYN

ENTER NOW

<https://topformathletic.co.za>

Licensed Athletes: R120 (Juniors: R80); Unlicensed Athletes: R180 (Juniors: R130)

Free entry to Athletes 70 years & older (Please provide proof of age)

Entry Collection Venues:

Friday 5th June 2026

Chukker Road, Sports Field 14:00 – 17:00

Hyundai Foreshore 14:00 – 17:00

Hyundai Plumstead 14:00 – 17:00

MR K – Tygervalley Centre 14:00 – 17:00

Limited entries available at the start on race morning (Card Payments Only)

05:00am – 06:45am (Card Payments Only)

RULES AND INFORMATION

- Race to be run in accordance with the rules of ASA and WPA.
- It is compulsory for entrants to register. Limited Race entries will be available from 05:00 to 06:45 on race morning. Only card payment on race morning will be accepted, NO CASH.
- 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.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- 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 2007 or later wearing a junior or senior licence number must display age tags (*J) to qualify for age group prizes. 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. Full club colours must be worn to qualify for team prizes. 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.
- 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.
- Runners must obey traffic officers, race marshals and race officials at all times.
- Cut-off time is 2 hours @ 09:00. Prize giving will take place at 09:00. All prize winners must submit their banking details & copy of ID. Official Race Results will be finalised and signed off by WPA within 3-4 working days. 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.
- Medals to the first 2000 athletes that cross the finish line in the 10km Road Race.
- There is no separate walk event. Social walkers very welcome.
- No personal seconding will be permitted, except at official refreshment stations.
- The use of music players with headphones is not allowed and may result in disqualification.
- There will be 2 x 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.
- 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.
- 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.
- Tog Bag facilities will be available at Start Area, Sportsfield, Woodbury Road, Kenwyn. Use at your own risk.
- Parking is available at Sunlands Primary school and the field on the corner of Brockhurst & Woodbury Road, it's a 500m walk to the start – Please arrive early.
- To Qualify for team prizes athletes must be SA Citizens.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- 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: Faseegh 082 067 8902 / Russel 084 545 5851 Email: topform10race@gmail.com



POSITION	JUNIORS	OPEN	40-49	50-59	60-69	70+
1st	R 600	R 1,200	R 800	R 800	R 800	R 800
2nd	R 500	R 850	R 600	R 600	R 600	R 600
3rd	R 400	R 600	R 400	R 400	R 400	R 400
Team		R350 x 4				

