

TopForm 10km Your Personal Best Race Questions and Answers

1. What is the date and time of the Top Form 10km race?

- The race is scheduled for Saturday, 22 February 2025, at 6:30 AM.

2. Where will the race take place?

- The event will be held at Turfhall Park Sports Facility, located at the corner of Turfhall Road and Jan Smuts Avenue, Athlone.

3. What are the entry fees for the race?

- The entry fees are R130 for licensed participants, R100 for junior licensed participants, R190 for unlicensed participants, and R120 for junior unlicensed participants.

4. Are timing chips included in the registration fee?

- Yes, the entry fees include a timing chip. A disposable timing chip will be attached to your race number.

5. Where can I enter?

You can enter at <https://topformathletic.co.za> and 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.

6. Where are the collection points for race numbers?

- Collection points are at Sportsman's Warehouse in Rondebosch and Motus Ford Diep River on 21st February 2025, from 10:00 to 16:30.

7. What is the prize money structure for the race?

- Prize money is offered for various categories, and specific amounts are designated for positions in each age group.

8. What are the age categories for participants?

- The age categories include Juniors, 40 & Under, 50-59, 60-69, and 70+.

9. This electronically timed race?

- Yes, all runners will receive results electronically via the peak timed app.

<https://apps.apple.com/app/id1442516413>

<https://play.google.com/store/apps/details?id=dk.bitlizard.athletetracker>

10. What should participants do if they encounter issues during the race?

- Participants are advised to report any issues immediately to race officials / Marshals stationed along the route.

11. Is there any parking available for participants?

- Yes, parking is available at Turfhall, but it's limited; participants should follow directed parking protocols and parking is available in the field next to Rondebosch Toyota on Jan Smuts Drive.

12. Can wheelchairs participate?

Yes, they must contact race organizers before the race.

13. Are Walkers welcome at the race?

There is no separate walk event. Social walkers are very welcome.

14. Are there any hydration stations along the route?

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 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.

15. Will there be medical assistance available during the race?

- Yes, medical personnel will be present at multiple points along the route and at the finish line to assist participants if needed.

16. What is the maximum time allowed to complete the race?

Cut-off time is 1 hour 45 hours @ 08:15 . Prize giving will take place at 07:45. All prize winners must submit their banking details & copy of their 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.

17. Is there a bag drop service for participants?

- Yes, there will be a secure bag drop service available at Turfhall Park for participants to store their personal belongings during the race.

18. Is there a social media platform where updates will be posted?

Yes, updates about the race will be shared on Topform Website <https://topformathletic.co.za>, Facebook Page [Top Form Athletic Club - Cape Town](#), and Instagram Page [topformathletics](#)

19. When will prize money be paid?

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 organizers, 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