

Metropolitan 10km Race



Wednesday, 2 December 2015 @ 18:30

Parc Du Cap, Mispel Rd, Bellville.

- Medals for the first 2000 finishers.
- Free 2016 Race Planner for first 2000 entries. You can collect when you register or after you finish.
- Tog Bag Facility (available at your own risk).
- Free Bus Service from Bellville Station to the Start (no return service).
- Refreshments will be available and a Coke for each runner at the finish line. New course record incentive.

R 10 000 for the first Man and first Woman to cross the finish line.

Race Entries

- Enter at Parc Du Cap, on race day only from 17:00 to 18:15.
- Pre-entries available at www.racetraq.co.za (no online levy charged).
- Participants must be 14 years or older on the day.
- Online closing date is Friday 27 November 2015.

Licensed Athletes	R40	Unlicensed Athletes	R60
Licensed Juniors	R20	Unlicensed Juniors	R30
Licensed Age 60+	Free	Unlicensed Age 60+	R20

Start & Finish

- The race starts and finishes at the Metropolitan Parc Du Cap Office Park.
- **Race Start Time: 18:30; Cut-off time is 20:00 (90 minutes).**
- Prize-giving is planned to start at 20:15.

Parking

- Limited parking will be available on the campus – you will be directed to the parking areas.
- Plenty of parking is also available nearby, once the campus parking is full (parking is at your own risk – we will also provide some security).

Prize Money – Men & Women

Category	1st	2nd	3rd	4th	5th
Open 20-39	10,000	1000	500	300	200
Junior 14-19	1000	500	300	200	100
40-49	300	200	100		
50-59	300	200	100		
60-69	300	200	100		
70+	300	200	100		



METROPOLITAN
Together we can

Lucky Draw Prizes

- **DELL Venue 8 Pro tablet** with Windows 8.1, 8" HD screen (sponsored by Dell South Africa)
- **HP DeskJet Ink Printer** New Advantage 2135 All-in-One Printer (sponsored by Graylink Media)
- **3 x Cipla Product Hampers** to the value of R500 (sponsored by Cipla Medpro)
- **2 x R500 Cash Vouchers** (sponsored by Momentum Investments)
- **1 x Christmas Hamper** (sponsored by Freedom Pitseng)

Charity

- Metropolitan Athletics Club is donating R5 from each entry to Phambili Community Services which is designed to provide valuable health care and wellness services to all the people of the wider Broadlands Park community. Their services include: youth development, afterschool children clubs, feeding schemes, a dental and eye clinic as well as HIV/AIDS testing and support clinic.
- Runners will be able to include additional donations if they wish.

Metropolitan 10km Road Race Rules

1. The race is run according to the rules of ASA and WPA.
2. Licensed athletes must run in Club colours with their 2015 licence number on the front and back of the vest. Unlicensed runners must wear a temporary licence on their front.
3. Runners must obey traffic officers, race officials and race marshals at all times.
4. Participants must be 14 years or older on the day.
5. Juniors born from 1996 onwards, wearing a senior, junior or temp licence, must display "J" category tags to qualify for age group prizes.
6. In addition to overall (open) prizes, participants will only be eligible for the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
7. 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.
8. The time limit is 90 minutes.
9. No personal seconding will be permitted, except at official refreshment stations.
10. Entry cards must be carried for the duration of the race. Failure to do so will result in possible disqualification.
10. 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 144.3b who fails to obey a reasonable instruction from a race official may be disqualified and shall not be eligible for an individual or team prize.
12. Do not litter.

Indemnity

Runners understand that they participate in this event entirely at their own risk and indemnify Metropolitan Life Limited, the organisers, WPA and anyone assisting in the organisation of this event, against any claim whatsoever which may result from their participation.

Race Enquiries:

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Cell: 071 149 5765



Race flyers and results:
www.wpa.org.za
wpa-subscribe@yahoogroups.com

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