

New Date



Sunday, 20 July 2025

10km RUN
07:30 AM

6km RUN
07:50AM

Manual Entries

10km Licenced Senior R110
10km Unlicenced Senior R170
6km Fun Run Senior R60

10km Licenced Junior R70
10km Unlicenced Junior R110
6km Fun Run Junior R40

Online Entries

10km Licenced Senior R120
10km Unlicenced Senior R180
6km Fun Run Senior R70

10km Licenced Junior R80
10km Unlicenced Junior R110
6km Fun Run Junior R50

Online entry
www.topevents.co.za
(closing date midnight 11 July 2025)



**Langa Sports Stadium,
Bitterhout street, Langa**

**Manual entry & race
number collection:**

Friday, 18 July 2025 and Saturday, 19 July 2025 from 2pm to 5pm.
@ Langa Sports Stadium and Sportmans Warehouse Rondebosch.
On Race Day: 5am to 7am at the Langa Sports Stadium.

Lots of Lucky draws



Goodie Bags for the First 100!
Grab yours at collection!



10km Race rules in accordance with the rules of ASA & WPA

1. The race is run according to the rules of WA, ASA and WPA.

2. Participants must be 14 years of age or older to qualify for the 10km race. Participants under the age of 10 years qualify for the 6km Fun Run and must be accompanied by an adult.

3. Race numbers (bibs) will not be issued. All registered athletes must wear two valid licence numbers. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.

4. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete. Temporary Licensed athletes must run in clothing without advertising.

5. Licenced athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.

6. 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.

7. In 2025 Juniors are defined as anyone born in 2006 or later. (Under the age of 20 at year end).

8. Entry cards, must be in the athlete's possession during the race and handed in at the results board at the Finish.

9. Prize-giving is at 9am.

10. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the Finish. Report offenders to the referees. #RunClean.
11. The use of music players with headphones is not allowed and may result in disqualification.

12. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

13. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation

14. To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.

15. Running cut-off time will be 9am for both 10km race and 6km fun run.

16. Medals will be issued for the first 1300 finishers of the 10km race and the first 500 finishers of the 6km fun run.

17. Tog bag facility will be available from 5am.

18. **DISCLAIMER** : Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.

Molebatsi Matube on 067 076 0400 (WhatsApp) / 065 953 0977 (Voice calls)
or Aubrey Isaacs on 0783408251 | info@LangaAthleticClub.co.za

PRIZES MEN AND WOMEN

	Open	Junior	40-49	50-59	60-69	70+	Team
1st	R1600	R800	R400	R400	R400	R400	4 x R150
2nd	R1100	R600	R300	R300	R300	R300	
3rd	R700	R400	R200	R200	R200	R200	