

OPEN TO ALL ATHLETES



WESTERN PROVINCE ATHLETICS

presents

5KM AND 1 MILE ROAD RUNNING CHAMPIONSHIP

INCLUDING 5 X 2.5KM CLUB RELAY

SUNDAY

2 MARCH 2025

AIRFORCE BASE,
YSTERPLAAT

INDIVIDUAL & TEAM EVENT:

-5km: 07h00

-5 x 2.5km relay:

-1 mile: 08h00

09h00

ENTRY FEE:

5km - R80

5km jr - R50

1 mile - R50

1 mile jr - R30

5 x 2.5km relay - R200 per team

5 x 2.5km relay jr - R100 per team

REGISTER NOW

www.entryninja.com

OPEN TO ALL CLUBS AND
SCHOOLS



WESTERN PROVINCE ATHLETICS

presents

CLASH OF THE CLUBS

WHICH CLUB CLUB/ SCHOOL HAS THE
FASTEST TEAM?

WHICH CLUB WILL ENTER THE MOST
TEAMS?

SUNDAY

2 MARCH 2025

09:00

AIRFORCE BASE,
YSTERPLAAT

RULES:

1. Members of a team must all be from the same club or school.
2. An individual may not be part of more than one team.
3. Clubs/ schools may enter as many teams as they wish.
4. Club runners must wear their permanent or temporary licence on the front of their vest.
5. School runners do not require a licence.
6. Prizes to winning teams
7. Award to club/school with most teams entered.

TEAM CATEGORIES:

- Open men
- Open women
- Open mixed (at least 2 women)
- Junior school
- High school boys
- High school girls
- Club junior boys
- Club junior girls

REGISTER NOW

www.entryninja.com

ENTRY FEE:

5 x 2.5km relay - R200 per team
5 x 2.5km relay jr - R100 per team

RACE INFORMATION:

1. Entries available online and on day (from 5am).
2. Medals to all participants.
3. A tog bag facility provided at participants own risk.
4. This event serves as a trial to select the WPA team for the ASA 1 mile and 5km championships in July.

RACE CARDS:

1. Collection on the day.
2. Entry cards must be in the athlete's possession during the race and handed in at the results board upon completion.

REFRESHMENT STATIONS:

1. There will be water sachets at the halfway mark of the 5km.
2. There will be Coca-Cola and water at the finish.
3. Please do not litter, use bins provided.

ENTRY RULES:

1. Race is run according to the rules of ASA and WPA.
2. Participants younger than 10 must be accompanied by an adult.
3. Participants in the championship races should run in their full club colours. Temporary licensed athletes should run in clothing without bold advertising.
4. Race bibs will not be issued. Licensed athletes must wear their 2025 ASA licenses on the front and back of their vest.
5. Temporary licenses are available on the day for R60; and R40 for Juniors.
6. Unlicensed participants must purchase a Temporary License which must be worn on the front of the vest.
7. Age category tags to be on front and back of vest, and visible throughout the race.
8. All participants must obey race marshals and officials at all times.
9. No personal seconding permitted.
10. Use of headphones is not allowed.
11. Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provisional and national athletics bodies, and all persons assisting in staging the event from any responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.
12. Detailed rules are available on <http://www.wpa.org.za> or on request from the organisers or the WPA office.
13. Relay details will be on a separate flyer.

PRIZE GIVING AND PRIZES:

1. Championship prize giving will start at 08h30.
2. All prize monies will be paid electronically.
3. All prize winners must supply their banking details, proof of bank account and a copy of their ID.
4. In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their vests.
5. Junior runners must display age tags (J) to qualify for age category prizes.
6. The results will be available on the WPA website (www.wpa.org.za).
7. Only WPA registered athletes will be eligible for prize money.
8. Prizes to the winning relay team and the club with the most relay teams entered.

PRIZE MONEY FOR 5KM AND 1 MILE: MALE & FEMALE

	Junior	Senior	40 - 49	50 - 59	60 - 69	70 +
1.	R 1 000	R 1 000	R 1 000	R 1 000	R 1 000	R 1 000
2.	R 750	R 750	R 750	R 750	R 750	R 750
3.	R 500	R 500	R 500	R 500	R 500	R 500