

THE NATIONAL LOTTERY DISTRIBUTION FUND PROUDLY PRESENTS THE

RACE AGAINST TIME SERIES

SA 10KM CHAMPIONSHIP PAARL

SATURDAY 14TH AUGUST 2010 – 10KM & 5KM DASH
START / FINISH: Dal Josaphat Stadium, Jan Van Riebeeck Drive, Paarl

CLOSING DATE FOR STORE ENTRIES 8TH AUGUST 2010
ENQUIRIES: CALL (021)5117130, EMAIL: entries@topevents.co.za,
WEBSITE: WWW.TOPEVENTS.CO.ZA

10KM CHAMPIONSHIPS START	08H10
10KM WHEELCHAIR START	08H00
5KM FUN RUN START	08H40



WIN

A LUXURY 2 NIGHT
STAY FOR TWO AT
THE SANBONA
GAME RESERVE



MEDALS TO ALL FINISHERS



HOW TO ENTER

1. Online: www.topevents.co.za (should you have any enquiries about entering online, please contact Top Events on (021) 511 7130 or email entries@topevents.co.za. Closing Date: 8th August 2010
2. Post: Complete your entry form and, along with your crossed cheque or postal order, make payable to Top Events, post to: P.O.Box 44, Maitland, 7404. Your postal entries have to reach Top Events by the 6th August 2010.
3. Fax: Complete the entry form and fax it along with your deposit slip to (021) 510 7230 or 086 628 3061. Closing date 8th August 2010.
4. Instore: Hand deliver your entry form and cash to a cashier in store and you will receive two proof of payments. One proof of payment must be attached to your entry form and one will serve as proof of your entry. Please make sure you bring this along to registration. You can enter at the following stores in the Western Cape: Sportsmans Warehouse Canal Walk, Sportsmans Warehouse Rondebosch, Sportsmans Warehouse Tygervalley, Sportsmans Warehouse Somerset Mall. Closing date instore is 8th August 2010.
5. NO entries will be taken at the Athletics South Africa office in Gauteng or Boland Athletics office in Paarl.
6. NO entries will be taken on race day.

CONFIRMATION OF ENTRY

1. Post, fax and online entries will receive a confirmation email prior to the race day (if email address is provided on the entry form).
2. Prior to number collection days you will receive a sms indicating your race number.
3. Please bring proof of entry, email confirmation or sms confirmation with you to number collection.

START TIMES

1. 10KM CHAMPIONSHIPS START: 08H10
2. 10KM WHEELCHAIR START: 08H00
3. 5KM FUN RUN START: 08H40

NUMBER COLLECTIONS

1. Number collections for post, fax and online entries will take place on the 13th August 2010 at:
 - Sportsmans Warehouse Rondebosch: - 10H00-16H00
 - Sportsmans Warehouse Tygervalley: - 10H00-16H00
 - The Dal Josaphat Stadium, Jan Van Riebeeck Drive, Paarl: 10H00-16H00
2. NO REGISTRATION WILL TAKE PLACE AT CANAL WALK AND SOMERSET MALL SPORTSMANS WAREHOUSE STORES.

CUT OFF TIME

1. The Cut off time 10H30.

PRIZE MONEY STRUCTURE

- First South African male to clock a faster time than Matthews Motsharateu's record of 28:00, set in Purchase will receive a R50 000 prize incentive
- First South African female to clock a faster time than Elana Meyer's 31:13 set in Budapest, Hungary will receive a R50 000 prize incentive
- The first South African male athlete to clock a time faster than 28:06 will receive a R50 000 prize incentive
- The first South African female athlete to clock a time faster than 32:14 will receive a R50 000 prize incentive
- Team prize money only available to provincial teams

	OPEN		JUNIORS		WHEELCHAIR	
	MEN	WOMEN	MEN	WOMEN	CAT 1	CAT 2
1	R 3 000	R 3 000	R 1 500	R 1 500	R 2 000	R 2 000
2	R 2 000	R 2 000	R 1 000	R 1 000	R 1 500	R 1 500
3	R 1 000	R 1 000	R 750	R 750	R 1 000	R 1 000
4	R 750	R 750	R 500	R 500		
5	R 500	R 500	R 400	R 400		
6	R 400	R 400	R 350	R 350		
7	R 350	R 350	R 300	R 300		
8	R 300	R 300	R 250	R 250		
9	R 250	R 250	R 200	R 200		
10	R 200	R 200	R 150	R 150		

	AGE 40-49		AGE 50-59		AGE 60-69		AGE 70+	
	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
1	R 750	R 750	R 750	R 750	R 750	R 750	R 500	R 500
2	R 500	R 500	R 500	R 500	R 500	R 500	R 300	R 300
3	R 300	R 300	R 300	R 300	R 300	R 300	R 200	R 200

SA 10km CHAMPS TEAM PRIZES												
	MEN			WOMEN			AGE 40+: MEN			AGE 40+: WOMEN		
	1	R 1 000	X4	R 4 000	R 1000	X4	R 4 000	R 750	X3	R 2 250	R 750	X3
2	R 750	X4	R 3 000	R 750	X4	R 3 000	R 500	X3	R 1 500	R 500	X3	R 1 500
3	R 500	X4	R 2 000	R 500	X4	R 2 000	R 250	X3	R 750	R 250	X3	R 750



ENTRY FORM

10km (Run/Walk) 10km Wheelchair CAT 1 10km Wheelchair CAT 2

AGE CATEGORIES OPEN 15-19 40-49 50-59 60-69 70+

ID NO

SURNAME

FIRST NAME

POSTAL ADDRESS

CODE

TEL WORK/HOME

EMAIL*

* In order to receive confirmation of your entry being accepted please supply your email address and cellphone number.

DO YOU BELONG TO A RUNNING CLUB? YES NO

ATHLETICS CLUB

PROVINCE 2010 LICENSE NO

Where will you collect your race number? Dal Josaphat Stadium Paarl Sportsmans Warehouse Rondebosch
 Sportsmans Warehouse Tygervalley

DATE OF BIRTH AGE ON RACE DAY

YOUR SHOE BRAND ADIDAS ASICS BROOKS PUMA NEW BALANCE
 REEBOK SAUCONY NIKE OTHER

FAX ENTRIES

Deposit in favour of: **TOP EVENTS**

Bank: **Nedbank**
 Branch: **198765**
 Account: **1047068907**
 Enquiries contact **Top Events: 021 5117130**
 Fax entry form and deposit slip to:
021 510 7230 or 086 628 3061

POSTAL ENTRIES
 Crossed cheques or postal orders payable to
TOP EVENTS
Po Box 44, Maitland, 7404
No post dated cheques will be accepted.

PAYMENT

10 km Club Member	R15
10km Non Club Member	R35
10km Wheelchair Club Member	R15
10km Wheelchair Non Club Member	R35
TOTAL	R _____

I agree not to hold Lotto, ASA, Boland Athletics, Top Events or any sponsors, or any persons assisting in the organization of the race liable for any injury or illness, which I may suffer directly, or indirectly as a result of participating in the race. I confirm that this Special Agreement is entered into for the benefit of the Lotto South African 10km Championships events, the sponsors and the persons assisting in the organization of the event.

Signed: _____ Signature of parent or guardian if under the age of 18: _____



RACE RULES AND GENERAL EVENT INFORMATION

1. The Lotto South African 10km Champs is open to all licensed and non licensed runners/walkers of 15 years and older.
2. Licensed runners must wear club colours. Official event race numbers to be worn on the front and 2010 license number or temporary license number on the back of the vest.
3. Temporary licenses are available at R15 for the 10km event.
4. Personal seconding is not permitted. Private vehicles are requested not to follow the athletes on the route.
5. Athletes may only enter one age category plus the open category.
6. Athletes may only qualify for prize money in the category in which they are entered, provided that they wear the correct numerical age category tags.
7. **Athletes competing for an age category prize must wear age category tags (on the front and the back).**
8. No advertising in the form of tattoos or any other form will be permitted to be displayed by athletes – other than that of the official club vest or the event race number.
9. **No swapping of race numbers will be allowed as the race number is linked to your name and may result in your disqualification.**
10. Unlicensed runners must wear plain clothes (no advertising permitted).
11. **Juniors (born from 1991 onwards) must wear an age category tag to qualify for age category prizes.**
12. All traffic officers and marshals must be obeyed.
13. The race organisers reserve the right to accept or reject any entry.
14. Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. The athletes must be able to produce the letter from his/her federation permitting participation on race day.
15. The entry fee is non-refundable.
16. Kilometre markers will be placed at each kilometre mark.
17. Refreshments stations will be situated approximately every 3km.
18. Medals will be handed to all finishers.
19. Tog bag facilities are available.
20. Parking is available at the finish.
21. Prize-giving for all events and categories will be held at 10H15.
22. **NO late entries** will be accepted after the official closing dates and **NO late entries** will be accepted on race day 14th August 2010.
23. Wheelchair cut off time is 1H30 minutes.

Category 1

Men (over 23yrs) Class T53 & T54

Category 2

All competitors in push rim racing wheelchairs (no day chairs), including:

Men (over 23yrs) & Boys class T51-T52 & T33-T34

Women & Girls class T51-T52 & T33-T34

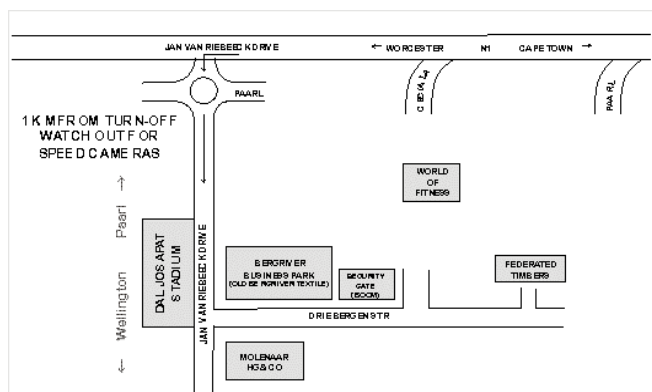
Men (over 23yrs) class T53 & T54

5KM FUN RUN

Entries on race day

Entry fee - R10

Minimum age 9 Years



DIRECTIONS TO THE STADIUM

From Cape Town take the N1 to Paarl. Take the Jan van Riebeeck Paarl turn-off and turn left onto Jan van Riebeeck drive. Go around the circle and staying on Jan van Riebeeck Drive. The Dal Josaphat Stadium will be on the right.

WIN A LUXURY 2 NIGHT STAY FOR TWO AT THE SANBONA GAME RESERVE

Situated at the foot of the towering Warmwaterberg Mountains in the heart of the Little Karoo, Sanbona celebrates the spirit of the San people who once roamed this distinctive area.

Only 3 hours from Cape Town, Sanbona boasts 54 000 hectares of undulating mountains and plains, indigenous flora and fauna, rock formations and rock art.

Sanbona is home to white lions and big game as well as the rare riverine rabbit. The White Lion Project at Sanbona that aims to return white lions to the wild has been heralded a success. This makes Sanbona home to the only free-roaming white lions in the world.

