



Race Rules and Information:

1. The SPAR 10km Challenge is open to all licensed and non licensed runners/walkers of 15 years and older
2. The 5km challenge is open to all female runners/walkers over the age of 9 years
3. Race circuit starts and finishes @ Bellville Stadium. A route map will be available @ Registration
4. Entries: Post entries to SPAR Women's 10km Challenge, P.O. Box 101, Lansdowne 7779 before 18H00 on the 28th of March 2010.
5. Late entries will be taken at registration on the 16th of April 2010 only. Entrants can also enter @ selected stores: Somerset's KWIKSPAR, Parklands SUPERSPAR, Die Boord SUPERSPAR, Kuilsriver SUPERSPAR, Sonstraal SUPERSPAR, Plattekloof SUPERSPAR, Belhar SUPERSPAR, Welgedacht SUPERSPAR, SUPERSPAR @ Vangate, Aurora SUPERSPAR, Paarl East SUPERSPAR, Rosmead SUPERSPAR and Sea Point SUPERSPAR.
6. Closing date for in store, postal, hand delivered and online entries close at 18H00 on 28 March 2010.
7. Race No: All participants must wear their SPAR race number on their chest. Participants must wear either the SPAR T-shirts or Club colours with either temporary or permanent 2010 licence on their back
8. Prizes: Only entrants present @ the prize giving when lucky draw takes place will be eligible to win prizes **MEN ARE NOT ELIGIBLE FOR ANY PRIZES**
9. The race is organised by Western Province Athletics according to rules of the ASA
10. First 10000 entrants will receive a Goody bag and a FREE T-shirt at registration
11. Toilets and Tog bag facilities at start & finish, organisers will take reasonable care but no responsibility will be accepted for damages or losses of personal articles/items. Do not leave valuables or cash in your tog bag.
12. Registration: All entrants must collect their race number & final instructions at registration. NO Number collection or Late Entries on the Day of the Race
13. 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 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.
14. 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
15. Junior (born 1991 or later) must display age tags to qualify for age group prizes
16. To be eligible for category prizes athletes must wear age tags on front & back of vest. Proof of age may be requested.
17. There is no time limit but prize giving will commence at 10H00
18. Refreshments will be on sale at race
19. No team prizes
20. Whilst not discouraging company teams wearing branded t-shirts, please note that ambush marketing will be strictly controlled
21. Computer & Accessories for the School with the most entrants (Pupils Only)
22. "Men not looking the part" could face immediate disqualification

***If you have not received your sms by the time of Registration you must please bring along your proof of entry to registration**
The contact numbers are 083 866 1558 and 073 134 1074.

SPAR  **good for you**

SOUTH AFRICA'S

most *beautiful* road race



Grand Prix Series

Sunday April 18
Bellville Stadium

(Opposite the Velodrome)
10km - 07h30  **5km - 07h55**

Medals to 1st 10 000
T-shirts to 1st 10 000 pre-entrants
Registration: 16th - 17th April 2010 @ Bellville Stadium
16th April: 08H00 - 19H00 and 17th April: 08H00 - 17H00



Adams Appel

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SPAR 

WOMEN'S
10/5KM

