

10K



Conquer the #Toughest10K



25th
Nov
2026



6pm



Parc du Cap
1 Mispel Road, Bellville



www.metropolitan.co.za/met10K

Entry Fees



Seniors
R110

Unlicensed
R170



Juniors
R60

Unlicensed
R100



70+
Free

Unlicensed
R60

Enter Online



www.racepass.com

Scan the QR for
more information



Service fee applies when entering online.
Online entries close 13 November 2026.

Enquiries:
athletics@metropolitan.co.za

Prizes

	14 - 19	OPEN	40 - 49	50 - 59	60 - 69	70+
1st	R600	R3000	R600	R600	R600	R600
2nd	R500	R2000	R500	R500	R500	R500
3rd	R400	R1000	R400	R400	R400	R400

Rules:

- 1) The race is run according to the rules of ASA & WPA.
- 2) Runners must obey traffic officers, race marshals, race officials.
- 3) Entries are only sold online via www.racepass.co.za. Online entries close 13 November. Limited entries available at race pack collection on 21 November at Sportsman's Warehouse and at Parc du Cap on 23 & 24 November (only electronic payments). No entries will be available on race day.
- 4) One race number (bib) containing a timing chip will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
- 5) Participants must be at least 14 years old on race day.
- 6) Cut-off time is 2 hours 15 minutes.
- 7) Age category tags must be worn on front and back of vest to be eligible for age category prizes.
- 8) A junior runner is anyone under the age of 20 at 31 December of the year of competition.
- 9) A tog bag facility will be available at the entrants' own risk.
- 10) There will be three water stations with water sachets and water/Coca Cola at the finish.
- 11) The use of music players with headphones is not allowed and may result in disqualification.
- 12) Do not litter. Dispose of any refuse responsibly by using the boxes provided or carry them to the finish. Report offenders to the referees.
- 13) Official results will be based on Gun-to-Mat timing, in accordance with WPA and ASA rules. The results will be electronically produced on race day by Finish Time. Any athlete found using another person's number will be disqualified. For all timing or results queries, please email support@finishtime.co.za.
- 14) All finishers will be awarded with a medal and a TakealotNOW & MrD mystery box.
- 15) Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.



Contact

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METROPOLITAN
Athletic Club

