



METROPOLITAN



Conquer the #Toughest10K

Wednesday

**25<sup>th</sup>**  
Nov  
2026



6pm



Parc du Cap  
1 Mispel Road, Bellville



[www.metropolitan.co.za/met10K](http://www.metropolitan.co.za/met10K)

## Entry Fees



**Seniors**

R120

**Unlicensed**

R180



**Juniors**

R70

**Unlicensed**

R110



**70+**

Free

**Unlicensed**

R60

## Enter Online



[www.racepass.com](http://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](mailto:athletics@metropolitan.co.za)



METROPOLITAN  
Athletic Club

takealot  
now



Coca-Cola Peninsula  
Beverages



## 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) Race Entries
  - Entries are available online via [www.racepass.co.za](http://www.racepass.co.za).
  - Online entries close on 13 November.
  - A limited number of entries will be available during race pack collection:
    - 21 November: Sportsman's Warehouse (Tygervally and Rondebosch)
    - 23 & 24 November: Parc du Cap.
  - Only electronic payments will be accepted for these entries.
  - No race entries will be available on race day.
- 4) Race Pack Collection
  - Race packs may be collected during the designated race pack collection periods.
  - Late race pack collection will be available on race day until 17:50.
- 5) 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.
- 6) Participants must be at least 14 years old on race day.
- 7) Cut-off time is 2 hours 15 minutes.
- 8) Age category tags must be worn on front and back of vest to be eligible for age category prizes.
- 9) A junior runner is anyone under the age of 20 at 31 December of the year of competition.
- 10) A tog bag facility will be available at the entrants' own risk.
- 11) There will be three water stations with water sachets and water/Coca Cola at the finish.
- 12) The use of music players with headphones is not allowed and may result in disqualification.
- 13) Do not litter. Dispose of any refuse responsibly by using the boxes provided or carry them to the finish. Report offenders to the referees.
- 14) 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](mailto:support@finishtime.co.za). Results will be available on [www.wpa.org.za](http://www.wpa.org.za)
- 15) All finishers will be awarded with a medal and a TakealotNOW & MrD mystery box.
- 16) Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.



#### Contact

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Beverages

