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# Ceres<sup>®</sup> 10KM Road Race



## DATE

Saturday,  
10 October 2026



## TIME

07H00



## LOCATION

Lyell Street Sportground  
Ceres , 6835



Enter online:  
<https://racepass.com/za>



Great prizes to be won!



Closing date  
of pre-entries  
**Saturday 03 October 2026**



Collection of race numbers  
**Friday 09 October 2026**  
10h00 - 16h00 (or on race day)

ENTRY  
←



**10 Km Late Entries** On Race Day  
**5 Km Online Entries** And On Race Day

FOR MORE INFO:



NICO - 078 882 5299  
ARNO - 073 591 1427

BANK: FNB CERES  
BRANCH CODE: 250655  
630 506 64118 66

ACCOUNT NUMBER:

EMAIL DEPOSIT SLIP AND ENTRY FORM TO:  
[njansen2003@hotmail.com](mailto:njansen2003@hotmail.com)



# ENTRY FORM

RACE: ☐ 10 KM ☐ FUN RUN 5 KM

[illegible]

SURNAME:

POSTAL ADDRESS:

POSTAL CODE:

EMAIL:

CELL: 

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ID NO:                 GENDER:  M  F

[illegible]

AGE CATEGORY: JUNIOR ☐ SENIOR ☐ 40-49 ☐ 50-59 ☐ 60-69 ☐ 70+ ☐ FREE ENTRY ☐

LICENSED RUNNER: ☐ ☐ CLUB (IF FULL): \_\_\_\_\_

PROVINCE: \_\_\_\_\_

## All Competitors:

**I declare that I am an amateur and that I shall participate in this race at my own risk and indemnify the organizers and sponsors of this race against any claim which may result from my participation.**

|                              |  |               |
|------------------------------|--|---------------|
| Competitor's Signature _____ |  | TOTAL R _____ |
|------------------------------|--|---------------|

**Number of Michell's 10km completed \_\_\_\_\_**

|                          |                                                           |                |
|--------------------------|-----------------------------------------------------------|----------------|
| <input type="checkbox"/> | <b>10km Road Race</b><br><b>(On the day entry - R200)</b> | <b>R150,00</b> |
|--------------------------|-----------------------------------------------------------|----------------|

|                          |                          |               |
|--------------------------|--------------------------|---------------|
| <input type="checkbox"/> | <b>Temporary License</b> | <b>R60,00</b> |
|--------------------------|--------------------------|---------------|

|                          |                    |               |
|--------------------------|--------------------|---------------|
| <input type="checkbox"/> | <b>5km Fun Run</b> | <b>R50,00</b> |
|--------------------------|--------------------|---------------|

TOTAL R \_\_\_\_\_

## GENERAL INFORMATION / RACE RULES

1. Time - 10 km race : 07:00
2. Time - Fun Run 5 km race : 07:05
3. A license number valid for 2026 or temporary number must be displayed on every athlete's vest during the race.
4. No seconding will be allowed.
5. The time limit for the 10 km is 2 hours 30 min.
6. Minimum age: 10km - 15 Years
7. Numerical age category tags must be worn clearly on the front and back to qualify for age category prizes. Proof of age may be required.
8. Start and finish for both events. Lyell Street Sportground.
9. Price giving will take place at 09:30
10. Entry fees will not be refunded unless entry is rejected.

## MEDALS

**10 KM**

## NEXT

**NEXT**  
**NEXT**

## NEXT

## FUN RUN 5KM

## FIRST 500

## FIRST - GOLD

SECOND - SILVER

## THIRD - BRONZE

## PRIZES

**NO PRIZE MONEY ON THE DAY  
ONLY EFT**

| 10 KM RACE | 1     | 2     | 3    |
|------------|-------|-------|------|
| OPEN       | R1500 | R1000 | R750 |
| 40+        | R500  | R400  | R300 |
| 50+        | R500  | R400  | R300 |
| 60+        | R500  | R400  | R300 |
| 70+        | R500  | R400  | R300 |

|                |          |      |      |
|----------------|----------|------|------|
| <b>JUNIORS</b> | R1000    | R750 | R500 |
| <b>TEAM</b>    | 4 X R200 |      |      |

| FUN RUN | 1    | 2    | 3    |
|---------|------|------|------|
| OPEN    | R500 | R300 | R200 |

First Ceres Athlete Men And Female 10 Km R500

## RECORDS

Men - 31:02 Kenanelo Thulo (2023)

Ladies - 38:03 Bernette Cotter (2013)