



**TSHWANE
RIETONDALE PARK**
87 VAN DER MERWE ST, RIETONDALE, PRETORIA, 0084

10 OCTOBER 2026

10KM RACE STARTS AT 07:00AM **5KM** RACE STARTS AT 07:20AM

ONLINE ENTRIES: **WWW.DOEKONFLEEK.AFRICA** : CLOSING DATE: **27 SEPTEMBER 2026**

FOR MORE INFORMATION CONTACT: **082 744 5140**

COLLECTION OF RACE NUMBER : **08 & 09 OCTOBER 2026 | FROM 10:00AM - 17:00PM**
COLLECT AT THE RACE VENUE: RIETONDALE PARK | NO COLLECTION ON THE RACE DAY

ENTRY FEE:	10KM	5KM
70 years +	FREE	R150
Below 70 years -	R200	R150
Temporary Licences	R70	

10KM RUN

POSITION	OPEN	JUNIOR 14-19	40-49	50-59	60-69	70+
1	R25 000	R5 000	R5 000	R5 000	R5 000	R5 000
2	R15 000	R3 000	R3 000	R3 000	R3 000	R3 000
3	R7 000	R2 000	R2 000	R2 000	R2 000	R2 000
4	R6 000	R1 000				
5	R5 000	R500				

10KM WALK

POSITION	OPEN	40+
1	R5 000	R3 000
2	R3 000	R2 500
3	R2 000	R2 000

PRIZE GIVING TIME : 10:00AM | NO ENTRIES ON THE DAY



RACE RULES & REGULATIONS

- The race is held in line with rules of Athletics South Africa ("ASA") and Athletics Gauteng Athletics ("AGN")
- The event is open for all South African and International Athletes.
- International athletes competing must adhere to WA Rules (WA Rule 4.2).
- Athletes should participate with the provided race bib and worn on the front of the upper outer garment
- Athletes who belong to clubs should be licensed for 2026 and must wear their Permanent License number (back&front) and race number must not cover the sponsors Logo on the licence number, permanent licence number is for 10km only
- Permanent Licensed athletes should participate in their full club colours.
- Non-registered / non-club member athletes in are required to purchase a temporary licence (R70) in addition to the race entry fee and this number must be worn at the back of their vest only for 10km
- International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if are contenders for Prizes.
- The Prize money offered will be paid via EFT within 60 days or upon receipt of Anti-doping results and subject to clearance.
- Athletes in the age category prize may be requested to produce proof of identity before awarded prize money.
- Any athlete who cannot on request produce acceptable proof of age documents on the day of competition will forfeit her prize.
- Category Age Athletes (Juniors and Masters) must wear their ASA Approved age category tags and age tags must be worn front and back of the vest.
- Athletes may only compete in her chronological age applicable to her.
- Medals will be awarded to all finishers
- Minimum age to participate on the 10km is 14years or older .
- Minimum age to participate on the 5km event is 9years or older .
- Marshalls, traffic, police, and all race officials must be obeyed at all times. If athletes are instructed to stop by any medical, race, traffic or police officials, they shall do so immediately.
- For safety reasons, the use of personal music players with earphones or headphones is not allowed. Any person using such device in contravention of WA TR6.3 or ASA Rule 34.10 shall not be eligible for individual prizes and may be disqualified.
- Entries capped at 10 000 runners.
- No animals are allowed to accompany an athlete during any event.
- Entry fees are non-transferable and non-refundable.
- The athlete grants their permission, in terms of Section 51 of the Electronic Communications Transactions Act 25 of 2002, to the organisers to use their name, race information, and photographs, video tapes, broadcasts and telecasts in which they may appear free of charge. Organisers are compliant with the Protection of Personal Information Act 4 of 2013 (POPIA) and is committed to storing, using, and processing participant data in a manner compliant with the guidelines prescribed by POPIA. Participants accepts that their personal information will remain confidential and hereby consent to same being shared with the parties involved in the organization/Doek on Fleek of the event for purposes of results, medical care, and/or promotion of activities related to the event.
- NB: Athletes participate at their own risk and indemnify of the organization on the event, sponsors and national and provincial bodies against any claims.

STRICTLY NO MEN ALLOWED

RACE RULES & REGULATIONS

Additional information

- Club gazebos are welcome
- No race number no Medal and Goody bag 10km&5km
- Prize giving Time 10am
- Race results will be available on www.peaktiming.co.za
- Race number collection Two day before the race day 10am-5pm
- Cut OFF TIME 10km (2h30)&5km (2h00)
- Refreshment station every 3km- 10k and 2.5-5k
- Medical services are provided
- Tog bag facility will be available
- Limited parking available at the venue
- Please respect parking marshals instructions
- Please arrive early to avoid traffic congestion
- Event Photography www.smacpix.co.za

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