

ATLANTIS HARRIERS

HALF MARATHON (21.1km)

and

5km FUN RUN

(Social Walkers welcome)

a Coca-Cola League Race,

as well as a

WPA-incentive Event

(Run in accordance with the rules of ASA & WPA)

<u>DATE</u>	: Saturday 19 August 2017
<u>TIME</u>	: 21km - 08h00
	5km - 08h15
<u>VENUE</u>	: Wesfleur Park Sports Ground, Saxonsea, Atlantis
<u>ENTRY FEE:</u>	21km – Licenced Athletes R90
	21km - Unlicenced Athletes R140
	5km FUN RUN – R10

MEDALS TO ALL FINISHERS

LOTS of SPOT PRIZES

Entries will be taken on race-day from 06h30 – 07h45
Time of prize-giving – 11h30



Solly's
Service
Station
Atlantis



RACE INFO: Desmond Arendse 0843921061, Debritten Leroux 0834643870,
Chris Jonker 0845572401, Cecil Dirks 0766663150, Justin Maartins 0793400477

RULES/RACE INFORMATION

1. Participants must be 16 years or older on race-day for the 21km and 9 years or older for the 5 km race.
2. Licensed athletes should run in club colours.
3. Race entry cards to be carried by the athlete throughout the race.
4. No race numbers will be issued. 2017 licences must be worn on front and back of the vest. Temporary licences must be worn on the front of the vest.
5. No personal seconding will be permitted, except at official refreshment stations.
6. Time limit: 21km – 3 Hours 30 Minutes
5km – 1 Hour
7. Participants must obey traffic officers and route marshals at all times.
8. For safety reasons the use of personal music players with headphones is not allowed. The use of such device is in contravention of ASA rule 30.10.6, may result in disqualification.
9. Race cards must be handed in exchange for a medal at the finish.
10. In addition to overall (Open) prizes, participants will only be eligible for an age category prize in the category they enter. Corresponding numerical age category tags must be worn on the front and back of their vest. Participants may enter the age category corresponding to their chronological age or any younger category down to Senior.
11. 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.
12. Juniors born 1998 or later wearing a junior license must display age tags 'J' to qualify for age group prizes. Juniors will count towards Open team prizes.
13. Tog bag facilities will be provided at own risk.
14. Results will be emailed to clubs and on www.wpa.org.za.
15. Route is certified by WPA.
16. Temporary licences will be available at registration. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
17. Club colours must be worn to qualify for team prizes.
18. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees.
19. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
20. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

PRIZE MONEY

21KM

(MEN and WOMEN)

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
OPEN	R900	R600	R300
40-49	R500	R350	R200
50-59	R400	R250	R150
60-69	R250	R150	R100
70+	R150	R100	
16-19	R250	R150	

TEAM

(MEN and WOMEN)

OPEN : 4xR150

RECORD

1st MAN and 1st WOMAN breaking the course record = R1000 each

Men- 1h 04m 44s – held by Lungile Gongqa (2014)

Women- 1h 20m 42s - held by Bulelwa Samae (2014)

MEDALS

21km

GOLD :Men 1st 10
:Women 1st 10
SILVER : Up to Position 100
BRONZE: All other Finishers

5km Fun Run

MEDALS to all Finishers