

**NEW VENUE
THIS YEAR ONLY @**



PROTEAHOOGTE AKADEMIE

P H A

PROTEA HEIGHTS ACADEMY

Saturday 15 July 2017

**15 KM
ROAD RACE**

&

6KM

FAMILY EVENT

VENUE:

**Protea Heights Academy, Hellingway,
Protea Heights**

START TIME:

15km : 07H15 Run

6km : 07H20 Family Event

Fee:

R70 (licensed)

R20

RACE ENQUIRIES:

WILLIAM : 084 247 7170

ANVIR : 084 400 5821



**MEDICROSS
HEALTH CARE GROUP**

**Medals to the first 1500 finishers
LUCKY DRAW WITH SPOT PRIZES**

**EASTERNS
KRAAIFONTEIN**



ATHLETIC CLUB



WESTERN PROVINCE ATHLETICS

Coca-Cola Peninsula
Beverages



RACE INFORMATION GENERAL

- Start times: 15km Race @ 7h15 6Km Family Run/Walk/Shuffle @ 7h25
- A tog bag facility will be available at owners' risk
- Entries will be taken at the start from 5h45 on race day
- Refreshment stations providing water will be available on the route and Coca-Cola at the finish
- Prize giving will commence at approximately 09h30
- Each kilometre will be clearly marked

15KM PRIZE MONEY = MALE & FEMALE

Men & Woman	OPEN	15-19	40-49	50-59	60-69	70+
1	400	200	300	250	200	200
2	300	150	200	150	150	150
3	200	100	100	100	100	100

OPEN TEAM PRIZE 4 X R150.00 = MALE & FEMALE

MEDALS TO THE FIRST 1500 FINISHERS

15KM ENTRY FEES

LICENSED ATHLETE	15Km	R70
UNLICENSED ATHLETE	15Km	R110

6KM FAMILY EVENT

R20.00 per Entry = Medals to the First 400 Finishers

NOTE: Children under 10 years old must be accompanied by an adult

RULES

1. This event is held in accordance with the rules of ASA and WPA
2. Juniors will count towards Open Team Prizes
3. Juniors born from 1998 onwards, must display "J" category tags to qualify for age category prizes
4. Club Colours must be worn to qualify for team prizes
5. All licensed runners must wear their 2016 license numbers and must be displayed on the front and the back of their vest. No Race numbers will be issued.
6. Unlicensed (non-club member) participants must, in addition to the race entry fee, Temporary licenses 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.
7. Age category tags must be worn (e.g. 40, 50, 60, etc.) on the front and back of the vest, if runners wish to be eligible for age category prizes. Temporarily licensed runners are eligible for age category prizes provided they enter the relevant age group and wear the appropriate age tags and provide proof of age
8. Runners must obey traffic officers, Race Officials and Race Marshals at all times
9. Participants must be 15 years or older on the day of the race
10. In addition to overall (open) prizes, participants will only be eligible for any age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their club vest
11. Participants may enter the age category corresponding to their chronological age or any younger category down to senior
12. 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
13. The cut off time for both races is at 9h45.
14. No personal seconding will be permitted except at official refreshment stations.
15. Entry cards must be worn, and be visible, for the duration of the race
16. Tog-bag security facility will be available at the registration area, this will be at participants own risk
17. For safety reasons the use of personal music players with headphones is not allowed. Use of such device in contravention of ASA 30.10.6 may result in disqualification.
18. The organisers, sponsors, landlord, and its employees, agents, representatives, contractors, managers, WPA or any other acting under the landlord's control (collectively called "the owner") shall not be responsible or liable for any claim, loss or damage arising or suffered by any person participating in this activity, including but not limited to personal injury or death, or death, or any harm caused to any person or for damages, loss or destruction of any person arising from negligence by the owner or theft or from any other cause whatsoever.

PLEASE DO NOT LITTER

Dispose of sachet and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees.



