



10 KM

& 5 KM FUN RUN

31st JANUARY 2018

★ BRACKENFELL ★

ATHLETICS CLUB

START AND FINISH AT
BRACKENFELL HIGH SCHOOL,
ROGLAND STREET, BRACKENFELL

**10KM STARTS at 18:40 &
5 KM FUN RUN 18:50**

Licensed athletes R50

Licensed juniors R30

Licensed 70+ Free

5km participant R25

Unlicensed athletes R85

Unlicensed juniors R50

Unlicensed 70+ R35

5km no licence needed

NO PRE - ENTRIES

10KM	Open	14-19	40-49	50-59	60-69	70+
1st	R 550	R 300	R 400	R 350	R 300	R 250
2nd	R 450	R 200	R 300	R 250	R 200	R 150
3rd	R 350	R 150	R 200	R 150	R 150	R 100

(Open) Team Prizes: 4 x R75 (Women) 4 x R75 (Men)

Medals to all finishers in 10km & 5km

Many Lucky Draw prizes

Enquiries: Timothy 083 275 8999/ Leon 072 222 6843

This race is in accordance with the rules of ASA & WPA

Rules and Race Information:

1. Minimum age on race day for 10 km is 14 years.
2. Participants must obey instructions of marshalls and traffic officers.
3. Licensed athletes must compete in official club colours and display unaltered licence numbers, valid for 2018, on the front and back of running vests. In addition to entering the race, unlicensed participants must purchase a temporary licence, which must be worn on the chest.
4. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of running vests. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
5. Temporary licences will be available at registration and must be worn on the chest. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete. Temporary licensed participants are eligible for individual age category prizes, provided they enter the relevant age group, wear the category appropriate age tags and provide proof of age.
6. Juniors born in 1999 or later must display category tags "J" to qualify for age category prizes. Juniors can also win Open team prizes.
7. Full Club colours and permanent licences must be worn to qualify for team prizes.
8. Entry cards must be carried for the duration of the race. Participants to produce their finishing card when asked to do so by a race official.
9. No personal seconding will be permitted except at official refreshment stations.
10. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
11. Time limit for 10km is 1hour 40 min, and Fun Run 1hour 30 min.
12. The organisers' club as well as WPA accept no responsibility for any accident or injury resulting from participation in the event.
13. Any ruling by the race committee will be considered final.
14. No race numbers will be issued.
15. The use of players with headphones is NOT allowed, and may result in disqualification.
16. Entries will be accepted at the start venue from 17:15 to 18:30 for the 10 km and Fun Run
17. Prize giving ceremony at 20:20, which includes the awarding of Lucky draw prizes.
18. Tog bag area provided at runners' own risk. **Please don't leave any valuables in your car.**
19. Race Results will be sent to all Western Province Clubs.
20. 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. We support #run clean campaign.
21. **Brackenfell High School GPS co-ordinate: 33.8701° S, 18.6877° E**
22. Detailed rules are available at www.wpa.org.za or on request from the organisers or the WPA office.

Indemnity clause

The race is held under the rules of provincial and national sports associations, the ASA and WPA. International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize. Participants in the Brackenfell 10KM, the Fun Run and related activities ("the Event") acknowledge that although all precautions have been taken by the organising body, there may be dangers inherent in participation in the Event. Participants voluntarily assume such risks and waive all claims of whatsoever nature and howsoever arising in relation to the Event against any parties, including but not limited to the organising body, sponsors, advertisers, local authorities, directors, employees and suppliers of these parties and any individual, official, marshal or agent ("the Parties"). Participants irrevocably indemnify the Parties against any liability or claims of any nature whatsoever and howsoever arising (whether directly or indirectly, whether from negligence, albeit gross and/or from involvement in or passage to or from the Event), including but not limited to liability or delay, inconvenience, accident, death, injury, illness to their person, or loss of or damage to property or costs and expenses sustained, incurred or put to by Participants and/or by a minor child under the care or control of participants. Parents or guardians authorising a minor's participation in the event hereby consent to such minor not being capable of waiving his/her rights as stipulated above.

Date: _____

Signature: _____

