

Proudly sponsored by

KFC Brackenfell
Old Paarl Road

KFC Brackenfell

10KM

Wednesday

1 February 2017 at 18h40
(Social walkers welcome)

&

★ 5KM Fun Run/Walk at 18h50 ★

Start and Finish at:Brackenfell High School
Rogland Str, Brackenfell**NO PRE ENTRIES**Entry Fees:

Licensed athlete R50 Unlicensed athlete R80
 Licensed junior R30 Unlicensed junior R45
 5KM participant R25 70+ Free

Medals to all finishers in 10km & 5km

Lots of Lucky Draw prizes

Enquiries: Dean 084 985 2537 / 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 is 14 years.
2. Participants must obey instructions of marshals/traffic officers.
3. Registered runners must compete in official club colours and display unaltered license numbers, valid for 2017 on the front and back of running vests. Unregistered runners must compete in plain clothing (no advertising) and purchase a temporary license 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 their vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
5. 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.
6. Juniors (born 1998 or later) wearing a junior or senior license must display the age category tags ("J") to qualify for age category prizes. Juniors will count towards Open team prizes.
7. Club colours must be worn to qualify for team prizes.
8. Race entry cards must be carried for the duration of the race. Any participant not able to produce a race entry card, when asked to do so by a race official, may be disqualified.
9. No personal seconding will be permitted except at official refreshments stations.
10. Time limit for 10KM, 1hr 40. Time Limit for 5KM same as 10KM.
11. Brackenfell High School GPS co-ordinate: 33.8701° S, 18.6877° E
12. The organisers (KFC, Brackenfell AC, WPA) accept no responsibility for any accident or injury resulting from participation in this event.
13. Any ruling by the race committee will be considered final.
14. Entries will be accepted at the start from 17:15 – 18:30. – **NO PRE ENTRIES**
15. Prize giving ceremony at 20h20 which includes spot prizes.
16. Tog Bag area provided at Runner's own risk. **Please don't leave any valuables in your car.**
17. Race results will be sent to all Western Province Clubs and will also be on www.wpa.org.za All other Clubs that need results must supply their postal addresses to the race organiser.
18. No Race numbers will be issued.
19. When registering, temporary license holders must complete and hand in the tear-off strip from the number in order to be covered by ASA accident insurance.
20. For safety reasons the use of personal music players with headphones is not allowed. Use of such device in contravention of IAAF Rule 144.3b may result in disqualification.
21. 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.
22. Detailed rules are available at www.wpa.org.za or on request from the organisers or the WPA office.

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

(Open) Team Prizes: 4 x R50 (Women) 4 x R50 (Men)

THANK YOU TO ALL OUR RACE PARTNERS!

TITLE SPONSOR

KFC Brackenfell
Old Paarl Road

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Host Club



WESTERN PROVINCE ATHLETICS

Race flyers and results

www.wpa.org.zawpa-subscribe@yahoogroups.com