

ORAK 12 HOUR RACE

HOSTED BY THE



VREDENDAL

SATURDAY, 2nd JULY 2016

06:00AM – 18:00PM

**ENTER ONLINE:
WWW.TOPEVENTS.CO.ZA
ENTRIES LIMITED TO 200**

SPONSORED BY:



RULES & INFORMATION:

1. The race will take place on Saturday, 2 July 2016 at the Vredendal Sportsground. Starting time = 06:00.
2. Individual 12-hour race = R220
3. The time limit for the ultra is 12 hours. You must retire at 18:00 wherever you are.
4. Pre-entries only on at www.topevents.co.za. Limit = 200 athletes only. Entries close on 24 June 2016.
5. Entry fees are not refundable, unless entry is rejected by organisers.
6. You must collect your race numbers at Vredendal Sportsground on Friday, 1 July 2016 from 18:00 till 20:00 or on Saturday, 2 July 2016 from 05:00 - 05:45. The race number must always be displayed on the front of your club running vest or outer garment. Your 2016 licence number should be on the back of the running vest or outer garment.
7. All runners are required to attend the important briefing session on Saturday, 2 July at 05:45.
8. There will be one refreshment station along the 1km lap. (Coke, water, Powerade, fresh fruit, bread,sweets, ect.)
9. All entrants must be 20 years and older.
10. Social walkers are also welcome.
11. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be covered by the ASA accident insurance.
12. Tog bag facilities will be provided at own risk at the start/finish for those needing it. Please do not leave any valuables in the tog bag. ORAK and WPA will not be liable for any losses that may arise.
13. Toilets on the sportsgrounds will be accessible to athletes throughout the race.
14. Medical facilities will be available to attend any emergencies. A participant shall withdraw if instructed to do so by the appointed medical staff.
15. Leaving and re-entering the track will only be allowed AFTER the start line.
16. Medals: 30km = bronze, 60km = silver, 80km = gold. All finishers will receive their medals at the prize giving.
17. The official prize giving function will be held at the Vredendal Sports Hall at the Sportsground from 19:00. The prize giving will include a braai meal to all competitors. Family & friends can join @ R80 pp.
18. The only official lap scores and times will be recorded by the referees and timekeepers. In the event of a query or dispute, the Chief Referee's decision will be binding and final. Efforts will be made to display a progressive/ provisional set of results every third hour on the results board.
19. Permanent numbers will be awarded for: 3 time winners or 5 times finishers.
20. Records: Men: Lionel Cronje = 122km (2014) Women: Martha Pretorius = 110,7km (2014)
21. No vehicles, caravans, trailers, open fires or gas braais will be allowed on the field. Tents and gazebos may be erected only in the spaces provided on the grass. General refreshments will be on sale for supporters and the public.
22. Please note that the sportsground is a lisenced area. No participants or spectator may bring alcohol on to the premises. Please support the pub on the sportsground.
23. For safety reasons the use of personal music players is strongly discouraged. Any person using such device in contravention of the IAAF rule 144.3(b) or ASA 20.4.6 shall not be eligible for individual or team prizes and may be disqualified if they fail to obey a reasonable instruction from a race official.
24. Prize money only to the winner in both men and ladies category = R1200. New record = R250
- Team prizes: Men = 4 x R250 and Ladies = 3 x R250
- Club prize: Club with the most participants will receive a hamper of wine products.
- Club colours are optional but full club colours (correct vest and shorts) must be worn to qualify for team prizes.
25. Detailed rules are available on www.wpa.org.za or on request from the organisers of the WPA office.
26. For more info contact Gerrie Cilliers at 0836500642 or 027 2134577 (A/H) or e-mail to gerriecl@telkommsa.net
27. For accommodation, contact the following:
 - Tharrakamma Gastehuis 027 2135709
 - Vredendal Hotel 027 2131064
 - Voorsorg Gastehuis en Selfsorg 027 2132243
 - River Lodge 027 2131695
 - Belle Ombre Gastehuis 027 2133337
 - Katmakoep Gastehuis 027 2134458
 - Vredendal Karaavaanpark 027 2013496 / 0764596901
28. For accommodation in the hostel see detail at the bottom of entry form.

TIMING AND RESULTS BY ERIC WRIGHT

THIS EVENT IS RUN IN ACCORDANCE WITH THE RULES OF ASA AND WPA.

