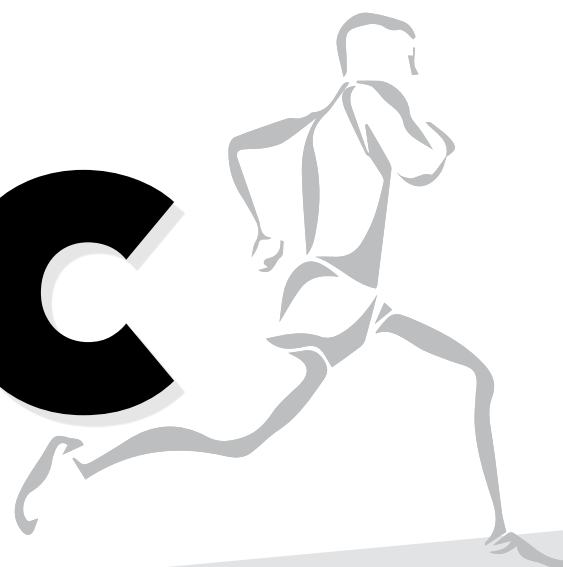


# RAVENSMEAD ATHLETIC CLUB



**Saturday, 19 March 2016**

**15km: 07:00**

**5km: 07:30**

**Florida Park, Ravensmead**

**CUT OFF: 09:30**

**PRIZE GIVING: 10:00**



**FOR ENTRIES:** Florida Park,  
Friday 18 March 17:00 - 20:00  
**RACE DAY:** 05:00 - 07:00

#### **ENTRY FEES:**

15km: Licenced Athletes - R55  
Unlicensed Athletes - R85  
5km: Fun Run - R20

**Race is run in accordance with the rules of ASA and WPA.**



**THANKS TO OUR SPONSORS:**



CITY OF CAPE TOWN  
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SACHETS**

**ENQUIRIES: MARTIN: 078 883 7267 ; REGINALDT: 082 202 3409**

# General

- Cut-off time: 2hrs 30min
- Licensed runners must wear club colours and a valid 2016 license on the front and back of their vestz.
- 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 the back of their club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- 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.
- Temporary licensed athletes must run in plain coloured clothing without advertising with the temporary license number on the front of the vest.
- Juniors (born from 1997 onwards) must wear age category tags "J" to qualify for age category prizes. Juniors will count towards Open team prizes.
- Participants for the 15km must be 15yrs of age or older on race day.
- Club colours must be worn to qualify for team prizes.
- Participants must be in possession of an entry card throughout the race.
- No personal seconding will be permitted except at official refreshment stations.
- Traffic officers and race marshals must be obeyed at all times.
- Tog bag area is provided at own risk.
- Prize giving starts at 09h00.
- Participants who are 70 years and older enter for free.
- Medals to the first 1500 finishers.
- Club busses competing for the "largest bus" trophy must comprise of 15 members or more.
- No race numbers will be issued.
- For safety reasons the use of personal music players during road races is strongly discouraged.

Any person using such device in contravention of IAAF Rule 144.3b who fails to obey a reasonable instruction from a race official, may be disqualified and shall not be eligible for individual or team prizes.

## PRIZES - MEN & WOMEN 15km Road Race

AGE	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	
Juniors (15 - 19yrs)	R 250	R 175	R 125	MEN'S TEAM
Open	R 550	R 425	R 300	4 X R125
40 - 49	R 400	R 300	R 200	WOMEN'S
50 - 59	R 300	R 200	R 150	TEAM
60 +	R 200	R 175	R 125	4 X R125
70 +	R 175	R 150	R 100	