



# LIGHTHOUSE TEN NIGHT RACE 2018

**Loads of lucky draw prizes to be won.  
Medals and Branded Socks to the first 2000  
finishers!**

**Date:** Wednesday, 7<sup>th</sup> March 2018

**Start and Finish Venue:** Beach Road.

**Sea Point, opposite Winchester Mansions**

**Start time:** 19h00

**Distance:** 10km Road Race

**Online entries close:** Thursday, 1<sup>st</sup> March 2018  
(Midnight)



Organised by the Atlantic Athletic Club in  
accordance with the rules of ASA and WPA.



WESTERN PROVINCE ATHLETICS



Race flyers and results:  
[www.wpa.org.za](http://www.wpa.org.za)    [wpa-subscribe@yahoo.co.uk](mailto:wpa-subscribe@yahoo.co.uk)



## HOW TO ENTER

### ENTER ONLINE:

At [www.topevents.co.za](http://www.topevents.co.za). For enquiries, contact Top Events: 021 511 7130 or email: [info@topevents.co.za](mailto:info@topevents.co.za)  
Closing date for online entries: Midnight, 1<sup>st</sup> March 2018  
Entries will be accepted on race day from 15h00

## NUMBER COLLECTION

1. Will take place on race day from 15h00 at the venue.
2. Please bring your registration SMS with you to collect.

## ENTRY FEES

1. Licensed Seniors - R50
  3. Licensed Juniors 14-19 years - R30
- A 14% service fee is charged when entering online.**

## RACE RULES

1. The Lighthouse Ten Run/Walk is run in accordance with the rules of ASA and WPA.
2. The Lighthouse Ten Run/Walk is open to all licenced and non-licenced runners of 14 years and older for the 10km Run/Walk.
3. Licenced runners must wear full club colours in order to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
4. One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
5. Temporary licences are available at R35 for the 10km Senior and R20 for the 10km Junior events.
6. Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
7. Personal seconding is not permitted. Private vehicles are requested not to follow the athletes on the route.
8. 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 club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
9. Juniors (born from 1999 onwards) wearing a junior or senior licence must wear an age category tag to qualify for age group prizes.
10. All traffic officers and marshals must be obeyed.
11. Proof of age is required for category prizes.
12. The race organisers reserve the right to accept or reject any entry.



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2. Unlicensed Seniors (includes temp licence) - R85
4. Unlicensed Juniors 14-19 years (includes temp licence) - R50

13. Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. The athletes must be able to produce the letter from his/her federation permitting participation on race day.
14. The entry fee is non-refundable.
15. Kilometre markers will be placed at each kilometre mark.
16. A refreshment station will be allocated at the 5km mark.
17. Branded socks will be handed to the first 2000 finishers.
18. There will be a tog bag facility for use at athletes own risk. Cell phones, money & jewellery are not to be left in tog bags. No bag tag, no bag. The organisers will not be held responsible for any loss or damage of items.
19. Toilets will be available.
20. Prize-Giving will take place at 20h30.
21. Results will be available on [www.wpa.org.za](http://www.wpa.org.za).
22. The use of music players with headphones is not allowed and may result in disqualification.
23. RACE CARDS MUST BE COMPLETED BEFORE RACE.
24. Official cut off time is 1 hour 45 minutes (20h45)
25. Entry cards must be in the athletes possession at all times during the race and handed in at the finish to receive an official event result.
26. Liability: Participants take part at their own risk and indemnify the organisers, sponsors and provincial and national athletics bodies against any claims that may result from their participation in the event.
27. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
28. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
29. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.

## PRIZE MONEY FOR MEN & WOMEN

|                 | 14-19 | OPEN  | 40-49 | 50-59 | 60-69 | 70+  |
|-----------------|-------|-------|-------|-------|-------|------|
| 1 <sup>st</sup> | R350  | R1200 | R750  | R750  | R750  | R750 |
| 2 <sup>nd</sup> | R250  | R750  | R400  | R400  | R400  | R400 |
| 3 <sup>rd</sup> | R150  | R350  | R250  | R250  | R250  | R250 |

**TEAM PRIZES (OPEN): MEN & WOMEN 4 X R200**



Help us ensure that no litter ends up in the sea.  
Use the bins provided or carry your empty sachets to the finish.

