



METROPOLITAN

# **SANDF Western Province Athletics Club Presents the Metropolitan John Korasie 30km Road Race**

**Date:**

Sunday 19 August 2018

**Start Time:**

07H00

NB: ALLOW EXTRA TRAVELLING TIME  
INTO SIMONS TOWN DUE TO CONGESTION

**Venue:**

Simon's Town Sports Grounds (Martello Road)

**Entry Fees:**

R110, Licensed Athletes

R165 Unlicensed Athletes

**Medals**

Gold to the 1st 10 men and the 1st 10 women

Silver to the next 80 finishers

Bronze to next 2100 finishers

Online Entries at

[www.topevents.co.za](http://www.topevents.co.za),

[Closing date: Sunday 05th August 2018.](http://www.topevents.co.za)



## **Rules and Race Information:**

1. Entries:  
Online at [www.topevents.co.za](http://www.topevents.co.za) (should you have any enquiries about entering online, please contact Top Events on (021) 511 7130 or email [info@topevents.co.za](mailto:info@topevents.co.za).) Closing date for online entries, is midnight on Sunday 05th August 2018. Please note if payment is not received within 72 hours of entry, your entry will be deleted. Online entries will attract a 14% administration fee. Entries will be taken on the day of the race as well.
2. Start: The race starts at 07H00 from Martello Road. The start is 100m from the Finish.
3. Age Limit: The minimum age, on the day of the race, for participants is 19 years or older.
4. Cut off: 4 hours 30 minutes at 11H30, giving time for fast walkers.
5. Prize Giving will commence within 15 minutes of cut off time.
6. Participants must obey instructions of Marshals, Race Officials and Traffic Officers
7. Entry cards must be in the athlete's possession during the race and handed in at the results board at the Finish.
8. Licensed Athletes must wear 2018 Licences on the front and back of the vest.
9. Unlicensed Athletes must buy a 2018 Temporary Licence and display it on the front of the vest.
10. Participants will be eligible for prizes in the Open Category and the age category for which they have entered and are carrying the relevant Entry Card and are visibly displaying the relevant Age Category Tags (front and back) for the duration of the race. Participants may enter the age category corresponding to their chronological age or any younger category.
11. Temporary licensed participants are eligible for age category prizes provided that they enter the relevant age group, wear the appropriate age category tags and provide proof of age.
12. Licenced athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
13. No personal seconding will be permitted, except at official refreshments stations. No personal seconding will also be permitted from a moving vehicle or bicycle.
14. Results will be distributed to clubs and posted on [www.wpa.org.za](http://www.wpa.org.za)
15. Tog bag facilities will be provided at own risk, at the finish.
16. Toilets will be available.
17. Neither WPA, the Organisers, nor the SANDF accept any responsibility for any accident or injury resulting from participation in this event.
18. Run in accordance with ASA and WPA Rules.
19. No Race numbers will be issued. All registered athletes must wear two valid licence numbers.
20. The use of music players with headphones is not allowed and may result in disqualification.
21. Temporary licences will be available at collection. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
22. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referee. #RunClean
23. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
24. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

### **Prizes: Men and Women**

	Open	40-49	50-59	60-69	70+
1 <sup>st</sup>	R2 200	R1 180	R1 180	R1 180	R1 180
2 <sup>nd</sup>	R1 600	R900	R900	R900	R900
3 <sup>rd</sup>	R1 210	R600	R600	R600	R600

**Open Men and Women's Running Teams: 4 X R200**