



WARNING!

Any runner guilty of tossing cups or water sachets anywhere else but on a tarred road within 20 meters of a water station will be disqualified. If rubbish bins are out of reach, then please assist us by carrying your empty sachets and cups to the next water point. Report offenders to referees. #RunClean

STBB SMITH TABATA
BUCHANAN BOYES

Chipbase

Chapmans
HARDWARE
Building Solutions



GARBIE

Coca-Cola Peninsula
Beverages



WESTERN PROVINCE ATHLETICS



Fish Hoek AC

Enquiries:
FHAC Race Office
race@fishhoekac.com
073 470 4444
021 785 2581

Race Flyers and Results
www.wpa.org.za
wpa-subscribe@yahoogroups.com

Medals:
The first **2,250** runners to cross the finish line **before cut-off** receive medals.

STBB SMITH TABATA
BUCHANAN BOYES



Fish Hoek AC

RED HILL
Marathon & 36.2km Classic

Sportsmans Warehouse

Saturday 26th January 2019

Venue Silverglades Sports Fields
Cnr Nelson Rd & 20th Ave
Fish Hoek

Start Time: 5:30 am

the sweet shop
SPECIALIST SPORTS STORES

STBB
SMITH TABATA
BUCHANAN BOYES

BRAKKIES
Smart Photos

Online Entry, Number Collection and Late Entries at:

Thursday 24 January	Sportsmans Warehouse Tokai	15h00 - 18h00
Friday 25 January	Fish Hoek Athletic Club	17h00 - 19h00
Saturday 26 January	Fish Hoek Athletic Club	04h30 - 05:15

Run in accordance with the rules and regulations and under the auspices of ASA and WPA.

Also: Bay Primary
5km Fun Run @ 7am
Entries open 6am
Cost: R 30
Bev: 021 782 2065

Online Entry Fee
R 140.00 (Licensed Athletes)
R 205.00 (Unlicensed Athletes)

Late Entry Fee
R 150.00 (Licensed Athletes)
R 215.00 (Unlicensed Athletes)

Enter online at www.racetraq.co.za
(No Admin Fees)
Closes 18 January 2019



Route

Both races will proceed from Fish Hoek AC along Kommetjie Road to Kommetjie, up Slangkop, through Misty Cliffs and Scarborough to the Perdekloof intersection. The 36.2km Classic will fork to the left up Red Hill. The Marathon will fork to the right and follow a 6km loop towards Cape Point returning to the Perdekloof intersection where it re-joins the Classic up Red Hill. Both races are then run over Red Hill, down towards Simonstown Main Road and back through Glencairn before winding through Fish Hoek and finishing on the field at FHAC

Age category prizes for men & women in each race

Categories	1st	2nd	3rd
Open	900	800	700
40-49	700	600	500
50-59	600	500	400
60-69	500	400	300
70+	400	300	200
Team Prize	R 1000 per team		

General Rules and Information

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. #RunClean.

Any entry not done through www.racetraq.co.za (no admin fee charged) shall be considered a Late Entry. Runners may change their race distance from 36.2km to 42.2km or vice versa at the Perdekloof intersection split. Please report to the marshal on duty at that point. Athletes changing race distance shall not be eligible for category or team prizes.

All traffic officers, marshals, referees, medics and other officials involved with the event must be obeyed. All athletes to run on the right-hand side of the road unless otherwise directed by marshals or traffic officials.

There is a 4-hour cut-off at the 27km / 33km mark. Cut off for both races is 5 hours. All runners must be off the road by 10h30.

Medals to the first 2 250 runners to finish within the cut off time.

Participants must be 20 years of age or older on race day. Free entry to all Great Grandmasters (70+). Proof of age may be requested.

The 42.2km Marathon is a qualifier for the 2018 Two Oceans and Comrades if completed within the qualifying time. 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. Different colour race numbers will be issued for each race. The marshals at the race split and finish will direct the runner in accordance to the colour of their race number. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.

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.

Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.

Licensed athletes should wear club colours. Temporary licenced athletes must run in clothing without advertising. The use of music players with headphones is not allowed and may result in disqualification.

No personal seconding is permitted except at official refreshment stations. The stand and hand rule shall always apply and seconds may not run beside an athlete. Seconding may not be conducted directly from a vehicle – whether moving or stationary.

No participant may run with dogs or other animals.

Prize-giving for both races will start at 10h40

Participants must be present at prize-giving to be eligible for lucky draw prizes

To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.

Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.

Entry cards (tear off on race number) must be in the athlete's possession during the race and handed in at the results board at the Finish.

Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their possible participation.

Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

Participants take part at their own risk. The organisers, sponsors, WPA, venue owners and local authorities accept no responsibility for loss, injury or accident resulting from participation in the event.

Tog bag storage facilities are available at the runners own risk. Do not leave valuables in the bag.

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.

R 6,000 Lucky Draw Cash Prizes

Permanent numbers

If qualifying for a permanent number in this year's race (after completing 9 Red Hills - regardless of which distance), please send us an e-mail, to be received by Sunday 21 January 2018, listing your name, e-mail address, telephone number, club and the years, distance and approximate finishing times. No applications will be considered on the day. Please send the e-mail to race@fishhoekac.com.

Event:	Classic	<input type="checkbox"/>	Marathon	<input type="checkbox"/>						
Age Category:	Open	<input type="checkbox"/>	40-49	<input type="checkbox"/>	50-59	<input type="checkbox"/>	60-69	<input type="checkbox"/>	70+	<input type="checkbox"/>
Nationality:	[Grid for Nationality]									
ID Number:	[Grid for ID Number]									
D.O.B:	DD / MM / YYYY									
Surname:	[Grid for Surname]									
First Name:	[Grid for First Name]									
Address:	[Grid for Address]									
Suburb:	[Grid for Suburb]									
Tel:	[Grid for Telephone]									
Email:	[Grid for Email]									
WPA Club Member?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>	2017/2018 License #					
Club:	[Grid for Club]									
T-Shirts:	T- Shirts cost R 220 per shirt, T-Shirt orders only open till the 5th January 2019 All T-Shirt orders must be paid in full before 5th January 2019									
T-Shirt Size:	Small	<input type="checkbox"/>	Medium	<input type="checkbox"/>	Large	<input type="checkbox"/>	X-Large	<input type="checkbox"/>	XX-Large	<input type="checkbox"/>
Number Collection Time and Place:	24 January 2019 15h00-18h00 Sportsmans Warehouse Tokai			25 January 2019 17h00-19h00 Fish Hoek AC Clubhouse			26 January 2019 4h30-5h15 Fish Hoek AC Clubhouse			
Medical Aid:	[Grid for Medical Aid]									
Medical Aid Number:	[Grid for Medical Aid Number]									
Emergency Person:	[Grid for Emergency Person]									
Emergency Number:	[Grid for Emergency Number]									