 

SANDF (Western Province) Athletics Club

Presents the

# John Korasie 30kmRoad Race

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| Place: **Simon’s Town Sports Grounds (Martello Road)**  Date: **Sunday 13 August 2017** Starting Time: **07H00**Entry Fees; Licensed Athletes **= R110 -** Unlicensed Athletes **= R160** Cut off: **11H30** (4h30m), giving time for fast walkers over the distance. Medals  * **Gold** to the **1st 10** men and the **1st 10** women * **Silver** to the **next 80** finishers * **Bronze** to first **1500** finishers   Enquiries   * **Luqmaan Patientia on 082 847 1680 / 021 787 6111 (Business) or email luqzul@vodamail.co.za** * **Lorato Zwane on 0761920468** * **Des Frecthas on 082 446 9033 or 021 787 4082 (Business)**   Venue and Parking: Drive through Simon’s Town and turn left into Martello Rd or Seaforth Beach for plenty of parking within 200 metres of Registration, Start and Finish  C:\Users\luqmaan\Desktop\JOHN KORASIE 2017\2017 PENBEV Logo-1 (2) UPDATED (2).jpg |

**Rules and Race Information:**

1. Registration: On the Navy Sport Field from 05H30.
2. Start: The race starts at 07H00 from Martello Road. The start is 100m from Registration and 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 Marshalls, Race Officials and Traffic Officers
7. Entry cards must be worn for the duration of the race.
8. Licenced Athletes must wear 2017 Licences on the front and back of the vest.
9. Unlicenced Athletes must buy a 2017 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 licenced 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. Full club colours must be worn to qualify for Team Prizes.
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. Race Result booklets will be provided to all WPA Clubs. Results will also be posted on the WPA website (wpa.org.za)
15. Tog bag facilities will be provided at own risk, at the finish.
16. Toilets and showers 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.
20. For safety reasons the use of personal music players with headphones is not allowed.   Use of such device in contravention of ASA rule 30.10.6 may result in disqualification.
21. Temporary licences will be available at registration.   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.
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

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|  | **Open** | **40-49** | **50-59** | **60-69** | **70+** |
| **1st** | R1,240 | R860 | R860 | R860 | R470 |
| **2nd** | R860 | R670 | R670 | R670 | R390 |
| **3rd** | R670 | R470 | R470 | R470 | R300 |

**Open Men and Women’s Running Teams: 4 X R580**