

VELOCITY ATHLETIC CLUB



VAC 21KM AND 10KM RUN/10KM **WALK** AND 5KM FUN ROAD EVENTS

SUNDAY 17 DECEMBER 2017

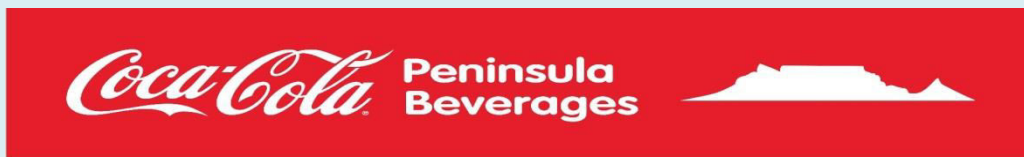
AT MULTI PURPOSE SPORTS CENTRE INDUSTRIAL ATLANTIS, CHRISTOPHER STARKE STREET. (**VENUE OLD ADE CLUB HOUSE**)

ONLINE ENTRIES ON TOP EVENTS + E MAIL ENTRY marioph15@yahoo.com OR ENTER ON THE DAY AT MULTIPURPOSE SPORTS CENTRE FROM 4H00 TO 5H50



FOR ENQUIRIES, CONTACT

MARIO PHILANDER 0722541880 or LEE-SHAY WILLEMSE 0781645118



21KM/10KM & 10KM WALK + 5KM FUN RUN AT MULTIPURPOSE SPORTS CENTRE, INDUSTRIAL ATLANTIS

ONLINE ENTRIES

Enter at www.topevents.co.za online entries close on 12 December 2017 @ 00h00 and a 14% admin fee will be applicable.

MANUAL ENTRIES/REGISTRATION

Entry forms can be downloaded from WPA at www.wpa.org.za or Email entry and proof of payment to marioph15@yahoo.com **DIRECT DEPOSIT: VELOCITY ATHLETIC CLUB, NEDBANK, (BRANCH 198765), SAVINGS ACC.2004679263** Entry closing date for Email entries 14 December 2017. On race day entries will be taken from 4h00 until 5h50 at Multipurpose Sport Centre.

STARTING TIMES

Starting point: 21km at main entrance of Multipurpose Sports Centre at 6H00 and 10km will start at 6h15, 200m from main entrance of Multipurpose Sports Centre and 10km walk will start at 6h30 and 5km Fun Run will start at 6h40

PRIZE GIVING

On Sunday 17 December 2017 at 9h45 at the finish, in Multi-Purpose Sports Centre.

21KM	1ST	2ND	3RD	10KM	1ST	2ND	3RD	10km/Walk	
OPEN	R800	R500	R300		R500	R400	R200	1ST	350
40-49	R400	R300	R200		R350	R250	R150	2ND	250
50-59	R300	R250	R200		R250	R200	R150	3RD	200
60-69	R300	R250	R150		R200	R150	R100		
70+	R150	-	-		R200	-	-		
JUNIORS					R250	R200	R100		
OPEN TEAM PRIZE 21KM	4X200			OPEN TEAM PRIZE 10KM	4X100				

CLUB WITH HIGHEST NUMBER OF PARTICIPANTS IN ALL 3 EVENTS WILL WIN R500.

WPA INCENTIVES FOR WPA ATHLETES

10km: R2000 to all male runners under 29minutes and all female runners under 33 minutes.

21km: R2000 to all male runners under 62minutes and all female under 75 minutes. (Excluding juniors)

MEDALS

All finishers within the cut off time will receive a medal.

GENERAL INFORMATION

1. Try to arrive early and look out for direction indicators and marshals
2. Race results will be available on www.wpa.org.za
3. Tog bag facilities will be available "at own risk. Do not leave valuables in your bag."
4. 10km Walk will be held in accordance and rules of WPA and ASA. This will fall part of the WPA League Walk series. **10km social walkers are welcome.**
5. First aid will be available on the route and at the finish
6. Water at every 3km and Coke at every other station

INFORMATION

Mario Philander 0722541880 Event Organizer Lee Shay Willemse 0781645118 Club Secretary

ENTRY FEES

10KM: R50 (LICENSED ATHLETES) – R80 (UNLICENSED ATHLETES)

10KM: R30 (LICENSED JUNIORS) - R45 (UNLICENSED JUNIORS)

21KM: R90 (LICENSED ATHLETES) – R140 (UNLICENSED ATHLETES)

ENTRY FORM

Surname:

Name:

ID number:

Cell:

Emergency name:

Emergency contact:

Club Name:

2017 Licence Nr:

Medical Aid:

Medical Aid Number:

Province:

21km ☐ 10km run ☐ 10km/**walk** ☐ 5km Fun run ☐

AGE CATEGORY: 14-19 ☐ 20 -39 ☐ 50-59 ☐ 60-69 ☐ 70+ ☐

DECLARATION

The race is held under the rules of provincial and national sports associations, the ASA and WPA. International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize. Participants in the VAC Half-marathon, 10km and the Fun Run and related activities (the event) acknowledge that although all precautions have been taken by the organizing body, there may be dangers inherent in participation in the Event. Participants voluntarily assume such risks and waive all claims of whatsoever nature and howsoever arising in relation to the Event against any parties, including but not limited to the organizing body, sponsors, advertisers, local authorities, directors, employees and suppliers of these parties and any individual, official, marshal or agent ("the Parties"). Participants irrevocably indemnify the parties against any liability or claims of any nature whatsoever and howsoever arising (whether directly or indirectly, whether from negligence, albeit gross and/or from involvement in or passage to or from the Event), including but not limited to liability or delay, inconvenience, accident, death, injury, illness to their person, or loss of or damage to property or costs and expenses sustained, incurred or put to by Participants and/or by a minor child under the care or control of participants. Parents or guardians authorizing minor participation in the event hereby consent to such minor not being capable of waiving his/her rights as stipulated above.

SIGNATURE: ----- DATE: -----2017

Parent or guardian if under 18years of age

RULES

1. Minimum age on race day is: 21km = 16 years , 10km = 14 years **and 5km Fun Run = 9years**
2. Participants must obey instructions of marshals and/traffic officers.
3. It is compulsory for entrants to register.
4. No personal seconding will be permitted, except at official refreshment stations.
5. Time limit: 21km = 3hours 15 minutes starting at (6h00) 10km = 2hours (starting time at 6h30).
6. The organisers as well as WPA accept no responsibility for any accident or injury resulting for participating in this event.
7. Any ruling by the Jury of Appeal will be considered final.
8. Athletes from the organising club are not eligible for lucky draw prizes.
9. Failure to comply with any rule may lead to disqualification.
10. The use of music players with headphones is not allowed and may result in disqualification
11. Temporary licenses 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.
12. Do not litter. Dispose sachets and cups responsibly by using the boxes provided or carrying them to the finish. report offenders to the referees.
13. Detailed rules are available on www.wpa.org.za or on request from the organisers of the WPA office.

21km/10km & 10km RACE RULES

1. Entry cards must be in the athlete's possession during the race. Any participant not able to produce a race entry card when asked to do so by a race official may be disqualified.
2. In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter.
3. Corresponding numerical age category tags must be worn on the front and back of the vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
4. 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.
5. Juniors born 1998 or later, wearing a junior license or senior license must display "J" age tags to qualify for age group prizes.
6. 10km walkers must have walker tags on front and back of the vest to qualify for category prizes.
7. Club colours must be worn to qualify for team prizes.
8. No race numbers (bibs) will be issued. Registered athletes must wear their ASA licenses on front and back of their vest. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
9. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

