



WESTERN PROVINCE ATHLETICS

WPA Race Organizer's Workshop – 2018 Water and Litter



New rules for feed stations

– AT THE START : Water should be available.

– ON THE ROAD

As a minimum, Refreshment stations are to be provided at least at 5km intervals as follows:

- 0 - 10km one station
 - 11 - 15km two stations
 - 16 - 21,1km three stations
 - 22km and over stations every 5-km
 - Race organisers are at liberty to provide additional refreshment stations, particularly if conditions are expected to be hot.
 - A minimum ration of 3 “drinks” per runner per station should be used as this takes into account water used for cooling.
 - Races up to 10km No Coke necessary on route
 - Races longer than 10km every 2nd table should have Coke / equivalent
 - On an out-and-back course the Organiser is allowed to use discretion as to the placing of stations used for both directions providing the stations vary no more than 1km from the distance stipulated.
- AT THE FINISH: One station offering Water and Coke or suitable alternative.

Water Quantities



K3 WATER & ENERGY SACHETS
FILTERED WATER FOR GOOD HEALTH

- The water sachets come in bags of 125 sachets @ 100ml each sachet. **Being reduced to 80ml**
- The requirements for water sachets for a race are between 2 – 3 sachets per person per water point, depending of the weather on the day.
- An order can be placed up to three days in advance. (I would suggest you do this long before then)



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Run Clean Campaign

This is a free service offered to all WPA races



#RunClean Campaign



GARBIE Supports Runners...

So support the company that is helping us to #runclean



In conjunction with *Modern Athlete's* #runclean campaign, **GARBIE from East Rand Plastics** is providing free fold-up cardboard bins and plastic bin liners to races that register as a #runclean event and make an effort to do something about the plastic litter being left on the roads by runners.

East Rand Plastics is one of Africa's largest manufacturers of refuse bags, from light duty household to heavy duty garden and industrial

requirements, all marketed under the **GARBIE** brand and many individual house brands. These refuse bags are manufactured using recycled materials and ensuring the reuse of resources and the protection of our delicate environment.

GARBIE is the household name for refuse bags and available at all leading retail stores in South Africa and surrounds. So, next time you're at the shops and stocking up on refuse bags, support the company that supports runners



To register your running event as a #runclean race and receive free GARBIE bins, go to <http://modernathlete.co.za/bf.php?fid=287> or sign up via the link on www.facebook.com/runclean. (As from the 1st of

August 2017, only events that display the GARBIE logo on their entry forms and website will qualify for FREE bins.)

How to sign up? It's a very simple process

Visit the WPA Modern Athlete #runclean Facebook page
<https://www.facebook.com/runclean/?fref=ts>

Click on Sign Up

The screenshot shows the Facebook page for 'Modern Athlete #runclean'. The browser address bar displays the URL <https://www.facebook.com/runclean/?fref=ts>. The page header includes the Facebook logo and the page name 'Modern Athlete #runclean'. The main content area features a large cover photo of runners on a path covered in green foam. Below the cover photo, there are buttons for 'Liked', 'Message', 'Share', and 'More', along with a prominent blue 'Sign Up' button. The left sidebar shows the profile picture (a green square with '#RUN clean' and a runner icon) and the page name 'Modern Athlete #runclean' with the handle '@runclean'. The right sidebar lists 'YOUR GAMES' and 'RECOMMENDED GAMES'.

Race organisers must fill in all the necessary details and submit their requests at least one month before their race.

They must make sure everything is filled in accurately



Please complete this form if you are an event organiser and wish to be a part of the #runclean campaign. Do not complete this if you are an individual wishing to support the campaign!

Event Name	Central Athletic 10 km
Event Date	09/04/2017
Organiser Name	Adnaan Mohamed
Organizer Cell	0834274648
Organizer Email	amohamed@media24.com
How many kilometre boards are there?	10
How many bins do you require at finish?	120
How many people do you expect to participate in the event?	3000
Delivery adress	Newlands Cricket Stadium 146 Campground
I agree to demarcate the end of a water zone and the start of a #RunClean zone	Yes
I agree to carry #RunClean branding on all event material	Yes
<input type="button" value="Submit"/>	

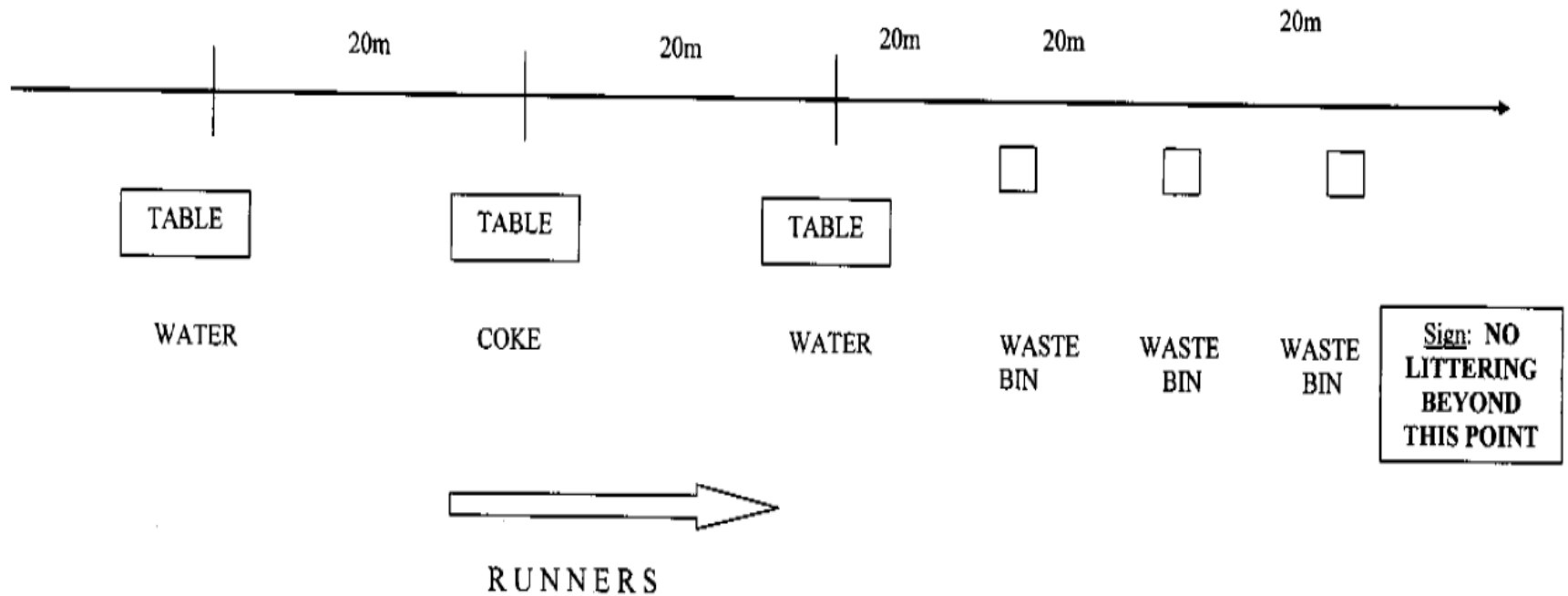


How many bins should be ordered?

- At least 10 bins per water point
- Bins placed 20m apart with the last bin at least 200m from the water point.
- 2 bins next to every km board.
- 20 bins at the finish in strategic areas.
- The bins all have plastic liners that ensures the cardboard does not get wet.
- The bins need to be secured with something heavy inside so that they don't blow away on a windy day.
- Bins must be placed in a position where they are accessible to runners.



Layout of a refreshment station



Plastic is the problem



Plastic is the problem



Plastic is the problem



Plastic is the problem



#CarryYourOwn

- When the race offers water refill points for athletes using hydration packs or carrying their own bottles, the following criteria should be used :
- For now Refill points must be in addition to the normal feed stations.
- Refill option to be noted on the race flyer.
- Refill stations to be positioned every 10km (every second refreshment point)
- The refill station to be positioned AHEAD of the refreshment station (to enable athletes to get a drink if they do not refill)
- Refill tap system currently available from Richard Sutton