



SANDEF WP ATHLETIC CLUB

PRESENTS

JOHN KORASIE 30KM

ROAD RACE

SIMON'S TOWN SPORTS GROUNDS (MARTELLO ROAD)

SUNDAY: 18 August 2019

TIME: 07H00

Licensed Athletes = **R130** - Unlicensed Athletes = **R190**

On-Line Entries: www.racetraq.co.za

Closing Date: Friday 9 August 2019

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 next **2300** finishers

ENQUIRIES

- Tladi Senona: 081 2124749
- Luqmaan Patientia: 082 847 1680
- Lorato Zwane: 0761920468
- E-MAIL: SENONAAT@GMAIL.COM

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



Rules and Race Information

1. Entries:

Online at www.racetraq.co.za (should you have any enquiries about entering online, please contact web-query@racetraq.co.za) the closing date for on-line entries, is midnight on Friday, 9 August 2019. Online entries include a service charge to cover credit card and banking fees, etc.

On the day entries will be taken on the morning of the race from 5:00am at the venue.

2. Race card collection for online entries will be at Sportsman's Warehouse Tokai on Friday, 16 August 2019 from 14h00 to 17h30 and Saturday, 17 August 2019 from 10h00 to 16h30 or at the race venue from 05h00am.
3. Start: The race starts at 07H00 from Naval Base Sports Field – Martello Road.
4. Age Limit: The minimum age for participants is 19 years or older.
5. Cut off: 4 hours 30 minutes at 11H30, giving time for fast walkers.
6. Prize Giving will commence within 15 minutes of cut off time.
7. Participants must obey instructions of Marshalls, Race Officials and Traffic Officers
8. Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish.
9. Licensed Athletes must wear 2019 Licences on the front and back of the vest.
10. Unlicensed Athletes must buy a 2019 Temporary Licence and display it on the front of the vest.
11. 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.
12. 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.
13. Licensed athletes must wear full colours. Full club colours must be worn to qualify for Team Prizes. Temporary athletes must run in clothing with advertising.
14. No personal seconding will be permitted, except at official refreshments stations. No personal seconding will also be permitted from a moving vehicle or bicycle.
15. Race Result will be available on the WPA Website (www.wpa.org.za)
16. Tog bag facilities will be provided at own risk, at the finish.
17. Toilets will be available.
18. Neither WPA, nor the Organisers, SANDF WP AC accept any responsibility for any accident or injury resulting from participation in this event.
19. Run in accordance with ASA and WPA Rules.
20. No Race numbers will be issued. All registered athlete must wear two license numbers.

21. The use of personal music players with headphones is not allowed and may result in disqualification.
22. 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.
23. 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
24. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
25. 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+
1st	R2 550	R1 420	R1 420	R1 420	R1 420
2nd	R2 150	R1 140	R1 140	R1 140	R1 140
3rd	R1 600	R840	R840	R840	R840

Open Men and Women's Running Teams: 4 X R270