

Stragglers Beachcomber

Proudly Sponsored by:

Wavcrest Pharmacy



15km Road Race - 6.30am

10km League Walk - 6.45am

4km Beach Run - 7.30am



WESTERN PROVINCE ATHLETICS

Coca-Cola

Peninsula
Beverages



LEAGUE RACE

Entry Fees:

15km Road Race

- Licensed Athletes (Junior & Senior) **R70.00**
- Unlicensed Athletes (Junior & Senior) **R110.00**

LICENSED ATHLETES 70+ - FREE ENTRY

10km Walk

- Licensed Walkers **R50.00** / Unlicensed Walkers **R80.00**
- Licensed Juniors **R30.00** / Unlicensed Juniors **R45.00**

Fun Run—**R20.00**

Saturday 20 January 2018

Strandfontein Pavillion

Strandfontein

For Further Info:

Allen - 083 858 5857

Trevor - 078 083 0676

3D Medals to the first 1500 Finishes in all categories



Race flyers and results
www.wpa.org.za

wpa-subscrib@iathleticsgroup.co.za

WESTERN PROVINCE ATHLETICS



GARBIE



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

ROAD RACE RULES

- Licensed runners must wear both 2017 license numbers "valid for 2018" (front and back), and should wear club colours.
- Runners who purchase a temporary license must wear them on the front of their vest or t-shirt. They are eligible for age category prizes provided they wear the appropriate age category tags and can supply 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.
- Minimum age: 15 years of age for the 15km and 14 years for the 10km.
- No personal seconding will be permitted, except at official refreshment stations.
- Cut-off times: 15km—2 hours 15min 10km—1hr 45min. 4km—1hr
- Entry cards must be in the athletes possession during the race.
- For safety reasons, runners must run on the left hand side of the road both out and return, unless otherwise directed by marshals. Failure to comply might result in disqualification.
- Prize giving will be held at 08h30.
- 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. All age groups will count towards Open team prizes.
- Juniors born 1999 or later must display age tags "J" to qualify for age group prizes.
- Club colours must be worn to qualify for team prizes.
- The participant indemnifies WPA, the club, it's members, sponsors and organizers of any injury, damage, loss or illness which may occur during the event.
- Fun Run—Participants younger than 9 years must be accompanied by an adult.
- No race numbers will be issued.
- The use of music players with headphones is not allowed and may result in disqualification.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- 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.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

INFORMATION

- Registration:** At the Pavilion from 05h30
- Start & Finish:** Strandfontein Pavilion, Strandfontein Road, Strandfontein
- Tog Bag Facility:** Provided (*Stored at your own risk*)
- Parking:** Lots of safe parking, Security on Site
- Toilets and showers:** Available



Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoo.com

WESTERN PROVINCE ATHLETICS



Our rules have also been translated into Xhosa.

WPA website www.wpa.org.za and then under Governance find it with Constitution and Policies.

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CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Coca-Cola Peninsula Beverages

PRIZE-MONEY—15km (men & women)

Category	Junior(15-19)	Open	40 - 49	50 - 59	60-69	70+	Open-Team
1st	200	800	400	300	200	150	4 x 250
2nd	150	500	300	200	150	100	
3rd	100	250	200	100	100		

10km Walk	Men & Women
1st	300
2nd	200
3rd	100

Special Incentive(15km):

First male & female to go through the 8km and finish in the TOP TEN will receive R300,00.

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GARBIE

The race is organized by Stragglers Social and Athletics Club according to the rules of ASA and WPA