



SANDF WP ATHLETICS CLUB
&
AIR FORCE BASE YSTERPLAAT



AVBOB SILVER QUEEN
10KM
RUNWAY NIGHT RACE

To commemorate the flight from England to Cape Town
by two South African pilots in 1920

DATE: Wednesday 10 OCTOBER 2018
TIME: 10KM – 18H15 **CUT OFF TIME:** 20H00
REGISTRATION: FROM 16H30 AT AIR FORCE BASE YSTERPLAAT
ENTRY FEES: 10KM LICENCED ATHLETES R50 **JUNIOR R30**
10KM UNLICENCED ATHLETES R85 **R50**
FUN RUN R20
START AND FINISH: AIR FORCE BASE YSTERPLAAT
PRIZE GIVING: 20H00
ENQUIRIES: KEYNEN DE LONG 082 793 7931
Email: delongkeynen@gmail.com
NICO WILTSHIRE 083 285 5645
GAIL MAHARAJ 083 461 0741
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GENERAL INFORMATION

- 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 the back of their club vest to be eligible for any age category prize.
- Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- 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.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Juniors (born 1999 or later) must display their category tags ("J") to qualify for age group prizes.**
- Participants must be 14 years or older to enter the 10km race.
- 2018 Permanent licenses must be worn front and back of vest. Temporary licences to be purchased at registration and worn on the front of vest. No sponsored race numbers will be issued.
- Licensed athletes should wear club colours. Temporary licensed athletes must run in clothing without advertising.
- Race Entry cards, when issued, must be in the Athletes possession during the race and handed in at the results board at the finish.**
- Time limit: 105 Minutes.
- Tog bag facilities will be available at runner's own risk.
- Results to be will distributed to all clubs and will be posted on www.wpa.org.za.
- Any ruling by the race committee will be considered final.
- Participants must obey instructions from Marshals/Officials.
- No personal seconding will be permitted, except at official refreshment stations.
- The use of music players with headphones is not allowed and may result in disqualification.
- Neither the SANDF nor the organisers or WPA accept responsibility for any accident or injury resulting from participating in this event.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- PLEASE 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
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- Prize giving at 20H00.
- Lucky draw prizes.

Women	Open	40-49	50-59	60-69	70+	14-19
1st	R550	R450	R350	R300	R250	R200
2nd	R400	R300	R250	R200	R200	R160
3rd	R350	R250	R200	R150	R150	R120
Men	Open	40-49	50-59	60-69	70+	14-19
1st	R550	R450	R350	R300	R250	R200
2nd	R400	R300	R250	R200	R200	R160
3rd	R350	R250	R200	R150	R150	R120

5KM FUN RUN/WALK

Entry Fee: R20.00 Starts at: 18H30 Cut Off Time: 19H30

Medals to all the fun/walk finishers.

Toddlers and children under the age of 10 years must be accompanied by an adult.

Gates will close at 18H10
Refreshments will be on sale
Medals to first 1200 within cut-off time