





SATORI CAMEL RUN 2016 10 MILER CLASSIC (16,1 km)

GENERAL INFORMATION

- A Race starts at 07h30 on Sunday 11 September 2016.
- $^{-\!\!\!4}$ Race starts and finishes at the Noordhoek Sports Fields, off Noordhoek Main Rd.
- 🖈 Prize-giving takes place at 10h15 (cut-off time).
- This is a "BRING-YOUR-OWN-WATER" race there will be two water tables to refill your bottle en route.
- A The course has been measured by WPA using a Clane Jones device.
- ₹ The race is run in accordance with ASA and WPA road event rules.

♣ Entry fees:

- R55 for licensed athletes.
- R85 for unlicensed athletes.
- Optional donation to our two charities, Tears and Living Hope Hospice.

Entries

- Open Monday, 1 August 2016.
- Enter online at www.racetraq.co.za (no additional fee).
- Close at 1200 entrants or at 12h00, Friday 12 August 2016.
- No late entries will be accepted.
- An additional 50 charity entries will then become available at R250 each, proceeds going to Tears and Living Hope Hospice.
- Entries will be cancelled if payment is not received within 14 days.

The final entry:

- The 1251st entry will be auctioned off to the highest bidder.
- Minimum bid R250, all proceeds going to our charities, Tears and Living Hope Hospice.
- Auction will close at 12h00, Friday 2 September 2016.
- Winning bid will automatically receive a free entry for next year's race.

♣ Substitutions:

- A fee of R50 will be charged for substitutions all goes to charity.
- No substitutions after 2 September 2016.
- Substitution entries only available for collection on Race Day.
- Race packages & pre-ordered T-shirts are to be collected from Sportsman's Warehouse, Rondebosch from 10 am to 4 pm – or at Satori Club on Race Day.
- A Special Satori Camel Run commemorative prize to all runners who finish.
- A Refreshments will be on sale before and after the race.
- ★ Tog bag facilities will be provided at owners' risk.
- ★ For general race information, contact Craig Farham on 082 410 0261 or info@camelrun.co.za

FULL RULES

- ★ This is a "BRING-YOUR-OWN-WATER" race: water will be provided en route at two refill points.
- A Race numbers will be issued to all athletes; these must be worn on the FRONT of their vest.
- Licensed athletes must run with a valid 2016 license on the BACK of their vest. Failure to comply will result in disqualification (WPA rules).
- ★ Unlicensed athletes must wear a temporary license number on the BACK of their vests these will be included in their race packages.
- ★ Non-club runners should wear plain clothing without advertising.
- A Participants may enter the age category corresponding to their chronological age or any younger category down to senior (20–39).
- Age category tags (e.g. 40, 50, 60, etc.) must be worn front and back AND VISIBLE AT ALL TIMES to qualify for age category prizes, provided athletes enter the relevant age group, wear appropriate age tags and provide proof of age. These criteria apply to both licensed and temporary licensed athletes.
- Juniors (born 1997 or later) wearing a junior or senior license must display'J' category tags to qualify for age group prizes.
- 🖈 Participants must be **16 years or older** on the day of the race.
- * Race card will be printed as part of the race number this must be torn off and placed in the finishing position sleeve after completing the race. Sleeve then to be placed on the finishing board.
- Foliab colours must be worn to qualify for team prizes.
- For safety reasons the use of personal music players with headphones is not allowed. Use of such device in contravention of IAAF rule 144.3b, may result in disqualification.
- ⚠ No personal seconding will be permitted except at the water re-fill point.
- Cut-off time for the race is 10h15.
- ⚠ Only persons present at the prize giving will be eligible for lucky draw prizes.

PRIZES

KING AND QUEEN OF THE MOUNTAIN

A New Balance Hamper

MEN AND WOMEN

	16–19	Senior	40-49	50-59	60-69	70+
1st	R200	R500	R350	R300	R300	R250
2nd	R100	R250	R200	R150	R150	R150
3rd	P50	R150	P100	P100	P100	

TEAM PRIZES (club colours to be worn to qualify)

Open Men: 4 x R150 Open Women: 4 x R150





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