



SATORI
ATHLETICS CLUB NOORDHOEK



SATORI CAMEL RUN 2019

10 MILER CLASSIC (16,1 km)

GENERAL INFORMATION

- Race starts at **07h30** on **Sunday 1 September 2019**.
- 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.
- 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.
- Entries:**
 - **OPEN Friday, 19 July 2019.**
 - Enter online at www.racetraq.co.za.
 - **CLOSE at 1250 entrants or at 12h00, Friday 16 August 2019.**
 - **T-shirt orders will close on Friday 16 August 2019.**
 - **NO LATE ENTRIES after Friday 16 August 2019.**

- Entry fees:**
 - **R90** for licensed athletes.
 - **R140 for unlicensed athletes** (R90 + R50 for temporary license).
 - There is an **additional 10% fee for online entries**. Those who cannot make online payments may pay cash at registration or on race day.
 - Optional donation to our charity, **TEARS (The Emma Animal Rescue Society)**.

- Substitutions:**
 - No substitutions after **12:00, Friday 16 August 2019**.
 - Free on-line substitutions if done before entries close.
 - Substitution entries only available for collection at registration and on Race Day.

- Race packages & pre-ordered T-shirts are to be collected from SPORTSMAN'S WAREHOUSE, RONDEBOSCH from 10 am to 4 pm on SATURDAY 31 AUGUST 2019, or at Satori Club on race day.**

- Special **Satori Camel Run commemorative prize** to all runners who finish.
- Refreshments** will be on sale before and after the race.
- Tog bag facilities** will be provided at owners' risk.
- For general race information, contact Liezel Short on 083 283 2330 or liezel@seventconsulting.co.za

PRIZES

KING AND QUEEN OF THE MOUNTAIN

Hampers

MEN AND WOMEN

	16–19	Open	40–49	50–59	60–69	70+
1st	R250	R600	R400	R350	R350	R300
2nd	R150	R300	R250	R200	R200	R200
3rd	R100	R200	R150	R150	R150	

TEAM PRIZES (club colours to be worn to qualify)

Open Men: 4 x R250 Open Women: 4 x R250

FULL RULES

- This is a **"BRING-YOUR-OWN-WATER"** race: water will be provided en route at two refill points.
- One race number (bib) will be issued to each runner.
- Registered athletes** must wear their **ASA licences** on the **front and back** of their vest. The **race number** must be worn on the **front** of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible.
- Temporary licensed runners** must wear the **race number** on the **front** of their vest and the **temporary licence** on the **back**.
- Temporary license holders when registering must complete and hand in the tear-off strip from the temporary license in order to be eligible to compete.
- Non-club runners** should wear plain clothing without advertising.
- 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**. Both permanent and temporary licensed athletes qualify for age category prizes provided athletes enter the relevant age group, wear appropriate age tags and provide proof of age. In addition to overall (Open) prizes, participants will only be eligible for an age category that they enter.
- JUNIORS** (born 2000 or later) wearing a junior or senior license **must display 'J' category tags to qualify for age group prizes**. Juniors will count towards Open team 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. The sleeve is then to be placed on the finishing board.
- Club colours** must be worn to qualify for team prizes.
- The use of music players with headphones is not allowed and may result in disqualification.**
- No personal seconding** will be permitted except at the water re-fill points.
- Cut-off time for the race is 10h15.**
- Only persons present at the prize giving will be eligible for lucky draw prizes.
- DISCLAIMER:** Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- Detailed rules are available on www.wpa.org.za or on request from the organizers or the WPA office.



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