



SANDF WP ATHLETICS CLUB JOHN KORASIE



30KM



11 AUG 24 - SUN 7:15 AM

SIMON'S TOWN MARTELLO NAVAL SPORTS FIELD

ENTRY FEES

R160 (Licensed)
R235 (Unlicensed)
Online entries
01 Jul - 06 Aug

FREE ENTRY FOR AGE: 70+

REGISTRATION / COLLECTION VENUES

SPORTSMAN'S WAREHOUSE
Tokai & Tygervalley Branches

Fri 09 - Sat 10 Aug 10:00am - 15:00pm

Late entries will be sold at the collection venue and at the start depending on availability.

**CONTACT: MOJALEFA LEBEA: 0798457347 OR : THABANG TLADI: 0795909467
EDWIN KOOPMAN: 0732562798 OR THOMAS ANDREWS: 0837081872**

Medals awarded to all finishers within cut-off time of 4hr 30min (11h30) Silver to first 100





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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) online entries open Monday 1st of July and the closing date for on-line entries, is midnight on Tuesday 6th August 2024. On-line entries include a service charge. Late entries and registration will be available at the Martello Sports Field on the race day from 05:00am - 06:45am.
2. Late entries will be accepted at the collection points. 'Late card payments will incur additional fees of R5 for licensed runners and R7 for unlicensed runners.'
3. Start: The race starts at 07H15 from Naval Base Sports Field – Martello Road.
4. Age Limit: The minimum age on the day of the race for participants is 19 years or older.
5. Cut off: 4 hours 30 minutes at 11H30.
6. Prize Giving will commence at cut off time, there will be Spot prizes up for grabs.
7. Participants must obey instructions of Marshalls, Race Officials and Traffic Officers.
8. Licensed Athletes must wear 2024 Licences on the front and back of the vest.
9. The race number must be worn on the front of the vest, partially covering the ASA license, so that the ASA license sponsor remains visible.
10. Temporary licence must be worn on the back with the race number worn on the front of the vest.
11. 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. Temporary athletes must run in clothing with no advertising.
12. 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.
13. 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.

PRIZE MONEY - MEN & WOMEN

	1st	2nd	3rd
OPEN	R1750	R950	R800
40 - 49	R950	R750	R550
50 - 59	R950	R750	R550
60 - 69	R950	R750	R550
70 +	R950	R750	R550
TEAM	Open: 4 x R280		

14. To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.
15. No personal seconding will be permitted, except at official refreshments stations. No personal seconding will be permitted from a moving vehicle or bicycle.
16. The race is run according to the rules of World Athletics, ASA and WPA.
17. Race Results will be available on the WPA Website (www.wpa.org.za).
18. Tog bag facilities will be provided at own risk, at the start.
19. Toilets will be available at the start/finish.
20. **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.

21. The use of personal music players with headphones is not allowed may result in disqualification.
22. 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
23. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
24. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

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PARKING AVAILABLE AT MARTELLO SPORTSFIELD AND COLEPOINT

