



ENTRY MARATHON & CLASSIC

R 210 LICENSED

R 280 UNLICENSED

5H30

ENTRY 13K BLACK HILL

R 160 LICENSED

R 220 UNLICENSED

6H30

Enter on [Racetrack.co.za](https://www.racetrack.co.za)

STBB RED HILL

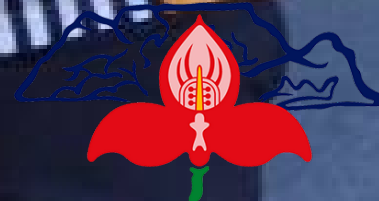
42.2 & 36 & 13km

Are you ready for the challenge?

Start & Finish: FHAC
Entries Close: 12 Jan 2023
#ICarryMyOwn

28 JAN

NO LITTERING ALLOWED



WESTERN PROVINCE ATHLETICS



NO Littering allowed

Bring your own reusable water bottle or cup to refill at our well stocked water stations.

Number collection will take place on Thursday 26 Jan

Friday 14 -18h00 @ • Sportsmans Warehouse Tokai

Friday 27 Jan from 15 -20h00 @ FHAC

Sat 28 Jan from 4-5h00 @ FHAC

Enter online at www.racetraq.co.za until midnight - 20 Jan 2023

- Unlicensed Athletes must purchase a temporary license, which is R70-00.
- Race Cancellation: There will be no refunds, but should the event be cancelled for reasons beyond our control, then your basic entry fee for the 2023 event will be transferred to the 2024 event.

No dogs allowed.

- Tog bag security facilities will be provided at your own risk.

(Please ensure that your bag is clearly labelled)

Please do not leave any valubles in your vichele.

- FHAC and WPA do not take responsibility for lost or stolen items.
- Remember to #RunGreen.
- Coke & Water at the finish.
- Enquiries – Email race@fishhoekac.com

The race number must be worn on the front of your vest and visible at the finish line.

For safety and timing purposes, ONLY the person assigned to this race. number may use it.

The first 2500 finishers will receive medals.

PARKING

Parking is provided on the sportsfield .

Marshals will direct participants to parking. Security officials will patrol the venues; however, runners make use of the parking facilities at own risk and must ensure they do not leave any valuable items in their vehicles.

Please note that the owners of vehicles that park illegally, will be held liable by the local Traffic Officials.

RACE RULES

1. This event is held in accordance with the rules of ASA and WPA. All participants must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The race organiser reserves the right to accept / reject any entry received.
2. Entrants for the marathon must be 20 years or older. Entrance for the 13km must be 15 or older.
3. One race number (bib) will be issued. Registered athletes must wear their 2023 ASA licences valid for 2023 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.
4. Licensed athletes should wear club colours. Temporary licensed athletes must run in clothing without advertising.
5. The race number is linked to your name and finishing time – Allowing another person to compete with your number will result in disqualification.
6. Runners can change from the 42 to the 36 at the bottom of Redhill by handing in their tear-off corner of their race number.
7. No personal seconding, vehicles or bicycles will be allowed on the route.
8. Kilometer markers will be placed at each kilometer mark.
9. The time limit is 5 hours.
10. Age category tags (e.g. 40 / Junior) must be worn on the front and back of the vest, if runners wish to be eligible for category prizes. Runners should enter the age category corresponding to their chronological age but may enter a younger category down to senior.
11. Temporary licensed runners are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.

13. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

14. Foreign athletes must comply with all relevant WA rules regarding participation. Foreign athletes may not form part of a local club team.

15. The use of music players with headphones is not allowed and may result in disqualification.

16. Marshals and traffic officials must be obeyed at all times.

If participants are instructed by any race, medical, traffic or police official to stop, they shall do so immediately.

17. Do not litter. Dispose of cups responsibly by using the bins provided or

carry them to the finish. Report offenders to the referees. #RunClean.

18. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

PERMANENT NUMBERS

Permanent numbers for a 10th completed run;

Entrants who have completed 9 Redhill marathons will qualify for a permanent number, must please indicate this on the entry form. .

PRIZE GIVING will take place at FHAC.

and will start between 10h30 & 11h00.

17. Runners must be 18 years or older to run the marathon or Classic race. Children must be accompanied by an adult for the 13km.

Prize money for the marathon & classic & 13km will be as follows.

	1st	2nd	3rd
open	1200	1100	900
40-49	1000	900	800
50-59	900	800	700
60-69	800	700	600
70+	800	700	600