

Fish Hoek Athletic Club & RealNet Properties presents



RED HILL Marathon and 36.2km Classic



Saturday 23rd January 2016

Starting at 05h30 at Fish Hoek Athletic Club

(Cut-off at 27/33km mark is 4 hours 10 mins. Official cut-off for both races is 5 hours)


Entry fee:

R 120.00 (Licensed athletes) | **R 160.00** (Unlicensed athletes)

Enter online at www.racetrq.co.za (No admin fee charged) closing 17th January 2016

Number Collection/Late entries at:		
Thursday 21 January	Sportmans Warehouse Tokai	15h00 - 18h00
Friday 22 January	Fish Hoek Athletic Club	17h00 - 20h00
Saturday 23 January	Fish Hoek Athletic Club	04h30 - 05h15

Run in accordance with the rules and regulations and under the auspices of ASA and WPA.



Sportsmans Warehouse
winning starts here!

Voucher to the King and Queen of the Mountain
(first man and first woman to the top of Red Hill who completes either race)

Medals

The first 1750 runners to cross the finish line within 5 hours receive medals. Gold medals to the first 5 men and first 5 women in each race, Silver to the next 5 runners in each race and bronze to the balance of the field.

Enquiries: FHAC race office

redhill@fishhoekac.com | 076 115 8285 | 021 785 2581
(after 6pm Wed/Fri)

ALSO: Bay Primary School
5km Fun Run at 7am

Cost: R25

Enquiries: 021 782 2065

bev@bayprimary.co.za

Medals to first 500 Finishers

CHIPBASE RETREAT
321 MAIN ROAD, 021-701-1128

Chipbase



**CHAPMANS
HARDWARE**



KOMICX PRODUCTS

Age category prizes for men & women in each race

Categories	1st	2nd	3rd
Open	R 900	R 800	R 700
40 - 49	R 700	R 600	R 500
50 - 59	R 500	R 400	R 300
60 - 69	R 400	R 300	R 200
70+	R 200	R 150	R 100
Team Prize (R250 each)	4 x R250		

Any runner guilty of tossing cups or water sachets anywhere else but on a tarred road may be disqualified. If rubbish bins are out of reach, then please assist us by carrying empty sachets and cups to the next water point.

Route


Both races will proceed from Fish Hoek AC, along Kommetjie Road to Kommetjie, up Slangkop, through Misty Cliffs and Scarborough to the Perdekloof intersection. The 36.2 km Classic will fork to the left up Red Hill. The Marathon will fork to the right and do a 6 km loop towards Cape Point returning to the Perdekloof intersection where it re-joins the Classic up Red Hill. Both races are then run over Red Hill, down towards Simonstown Main Road and back through Glencairn and Fish Hoek before returning to FHAC.

Permanent numbers

If qualifying for a permanent number in this year's race (after completing 9 Red Hills), please send us a note to be received by 17 January 2016, listing your name, address, telephone, club and the years and approximate finishing times. No application for permanent numbers will be considered on the day.

Please e-mail race@fishhoekac.com

General rules and information:

- Medals to first 1750 runners to finish in sub 5 hours.
 - Cut off for both races is 5 hours. All runners must be off the road by 10h30.
 - Cut off at 27/33km mark is 4 hours 10 mins
 - Prize giving for both races will start at 10h40.
 - The 42.2km Marathon is a qualifier for the 2016 Two Oceans and Comrades if completed within the qualifying time.
 - Free entry to all Great Grandmasters (70+) - proof of age may be required.
 - Open to all athletes 20 years and older on race day.
 - Tog bag security will be available at own risk.
 - Runners must be present at prize-giving for any spot prizes.
 - There will be different coloured race numbers for each race. The marshals at the Perdekloof intersection and at the Finish will direct the runner along the applicable route/Finish tunnel in accordance with the colour of their race number.
 - All runners undertake to participate at their own risk and the sponsors, organisers and WPA will not accept any liability for any injury, illness or accident occurring during or as a result of the race.
 - All participants must wear the allocated race number on the front and a valid 2016 permanent or temporary licence number on the back of their vests.
 - 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 back of runner's club vest. 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 appropriate age tags and provide proof of age.
 - Full club colours are to be worn to be eligible for team prize.
 - Participants must be in possession of FHAC stamped race entry number and card at all times and medals will only be issued on presentation of the entry card on completion of the race.
 - All athletes to run on the right hand side of the road unless otherwise directed by marshals or traffic officials.
 - The instructions of traffic officers and marshals must be obeyed at all times.
 - For safety reasons the use of personal music players during road races is strongly discouraged. Any person using such device in contravention of IAAF Rule 144.3b who fails to obey a reasonable instruction from a race official may be disqualified and shall not be eligible for individual or team prizes.
 - No personal seconding will be permitted, except at official refreshment stations.
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WESTERN PROVINCE ATHLETICS
Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoo.com