



Marathon and 36.2km Classic

Saturday 21st January 2017

Starting at 05h30 at Fish Hoek Athletic Club

Silverglades Sports Fields, Cnr Nelson Road and 20th Avenue, Fish Hoek (Cut-off at 27/33km mark is 4 hours. Official cut-off for both races is 5 hours)

Online **Entry fee:**

R130.00 (Licensed athletes) | R190.00 (Unlicensed athletes)

Enter online at www.racetrag.co.za

(No admin fee charged)

closing 13th January 2017

Late **Entry fee:**

R140.00 (Licensed athletes) | R200.00 (Unlicensed athletes)

Online Entry Number Collection and Late entries at:				
Thursday 19 January	Sportmans Warehouse Tokai	I5h00 - I8h00		
Friday 20 January	Fish Hoek Athletic Club	17h00 - 19h00		
Saturday 21 January	Fish Hoek Athletic Club	04h30 - 05h15		

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



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 2 250 runners to cross the finish line before cut-off receive medals.

Enquiries: FHAC race office

redhill@fishhoekac.com | 076 115 8285 | 021 785 2581

(after 6pm Wed/Fri)



Bay Primary **5km Fun Run** at 7am

Cost: R25 Enquiries: 021 782 2065

bev@bayprimary.co.za

Entries on the morning from 6.30am

Lots of Lucky Draw prizes







Age category prizes for men & women in each race

Categories	lst	2nd	3rd	
Open	R 900	R 800	R 700	
40 - 49	R 800	R 700	R 600	
50 - 59	R 700	R 600	R 500	
60 - 69	R 600	R 500	R 400	
70+	R 500	R 400	R 300	
Team Prize	4 x R 250			

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 36.2km Classic will fork to the left up Red Hill. The Marathon will fork to the right and follow a 6km 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 Glencaim before winding through Fish Hoek and finishing on the field at FHAC

Permanent numbers

If qualifying for a permanent number in this year's race (after completing 9 Red Hills - regardless of which distance), please send us an e-mail, to be received by Sunday 15 January 2017, listing your name, e-mail address, telephone number, club and the years, distance and approximate finishing times. No applications will be considered on the day. Please send the e-mail to race@fishhoekac.com.

General rules and information

- Any entry not done through www.racetrag.co.za (no admin fee charged) will be considered a Late Entry.
- At the Perdekloof intersection split runners may change their race distance from 36km to 42km and vice-versa. Please report to the marshal on duty at that point. Athletes changing race distance shall not be eligible for category or team prizes
- Do NOT litter. Dispose sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean.
- All traffic officers, marshals, referees and other officials involved with the event must be obeyed
- All athletes to run on the right hand side of the road unless otherwise directed by marshals or traffic officials.
- There is a 4 hour cut-off at the 27km / 33km mark. Cut off for both races is 5 hours. All runners must be off the road by 10h30.
- Medals to the first 2 250 runners to finish within the cut off time. Gold medals to the first 5 men and first five women in each race, silver to next five men and five women in each race and bronze to the balance of the field.
- Prize giving for both races will start at 10h40.
- Participants must be present at prize-giving to be eligible for lucky draw prizes.
- Open to all athletes 20 years and older on race day
- Free entry to all Great Grandmasters (70+). Proof of age may be requested.
- The 42.2km Marathon is a qualifier for the 2017 Two Oceans and Comrades if completed within the qualifying time.
- Full club colours (correct vest and shorts) must be worn to qualify for team prizes. (ASA rule 14.1)
- Different colour race numbers will be issued for each race. The marshals at the race split and finish will direct the runner in accordance to the colour of their race number
- The race number (with your tear-off finish card) must be worn on the front of the vest, with a valid permanent or temporary licence on the back. (ASA rule
- Licence numbers and race bibs must be worn as issued and may not be cut, folded or worn in any way to obscure the lettering. (IAAF rule 143.8)
- 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 their vest. Master athletes (over 40) may enter the age category corresponding to their chronological age or any younger category down to senior. (ASA rule 12)
- Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age. (ASA rule 14.4)
- Age category tags must be a minimum of 6cm high red lettering on a white background and worn to be visible throughout the race to officials and other athletes, on the front and back of the upper body clothing. (ASA rule 12.13)
- No personal seconding is permitted except at official refreshment stations. The stand and hand rule shall always apply and seconds may not run beside an athlete. Seconding may not be conducted directly from a vehicle – whether moving or stationary. (ASA rule 20.2)
- The display of legitimate national flags during an event shall be permitted provided they do not present a safety risk or interfere with any other athlete or the presentation of the event. Under no circumstances will any slogans, chants, banners, placards or such-like of a political, religious or offensive nature be tolerated. (IAAF Advertising Regulations)
- For safety reasons the use of personal music players with headphones is not allowed. Any person using such device in contravention of IAAF rule 144.3b or ASA 20.4.6 shall not be eligible for individual or team prizes and may be disqualified for a repeat offense after an official warning. (IAAF rule
- No participant may run with dogs or other animals. (ASA rule 20.4)
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation
- All participants are covered by ASA accident insurance. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be covered. Any injury suffered during the event must be reported to the referees in order to claim from the insurance policy. Claim forms may be requested from the WPA offices.
- A participant shall withdraw if instructed to do so by the appointed medical staff. (IAAF rule 144)
- Participants take part at their own risk. The organisers, sponsors, WPA, venue owners and local authorities accept no responsibility for loss, injury or accident resulting from participation in the event.
- Tog bag storage is available at the runners own risk. Do not leave valuables in the bag
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.





