

**STBB**

SMITH TABATA  
BUCHANAN BOYES

**RED HILL**

**Marathon and 36.2km Classic**



**Saturday 27th January 2018**

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:** **R140.00** (Licensed athletes) | **R205.00** (Unlicensed athletes)

Enter online at [www.racetraq.co.za](http://www.racetraq.co.za) (No admin fee charged) closing 19th January 2018

**Late Entry fee:** **R150.00** (Licensed athletes) | **R215.00** (Unlicensed athletes)

Online Entry Number Collection and Late entries at:		
Thursday 25 January	Sportmans Warehouse Tokai	15h00 - 18h00
Friday 26 January	Fish Hoek Athletic Club	17h00 - 19h00
Saturday 27 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)  
*winning starts here!*

**Medals**

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

**Enquiries: FHAC race office**

race@fishhoekac.com | 073 470 4444 | 021 785 2581  
(after 6pm Wed/Fri)

**CHIPBASE RETREAT**  
321 MAIN ROAD, 021-701-1128



**KOMICX PRODUCTS**



**ALSO:** Bay Primary  
**5km Fun Run at 7am**  
Cost: R30 Enquiries: 021 782 2065  
bev@bayprimary.co.za  
Entries on the morning from 6.00am  
Lots of Lucky Draw prizes

 **Chapmans**  
**HARDWARE**  
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**Tool Hire & Sales**  
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**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 600	R 500	R 400
60 - 69	R 500	R 400	R 300
70+	R 400	R 300	R 200
Team Prize	4 x R 250		

**PLUS**  
**R5 000**  
in Lucky Draw  
**Cash Prizes**

**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 Glencairn 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 21 January 2018, 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@fishhoek.ac.za](mailto:race@fishhoek.ac.za).

**General rules and information**

- DO NOT LITTER. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the Finish. Report offenders to the referees. #RunClean.
- Any entry not done through [www.racetraq.co.za](http://www.racetraq.co.za) (no admin fee charged) shall be considered a Late Entry
- Runners may change their race distance from 36.2km to 42.2km or vice versa at the Perdekloof intersection split. Please report to the marshal on duty at that point. Athletes changing race distance shall not be eligible for category or team prizes.
- All traffic officers, marshals, referees, medics 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.
- Participants must be 20 years of age or 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 2018 Two Oceans and Comrades if completed within the qualifying time.
- One race number (bib) will be issued. 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. 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.
- Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Licenced athletes should wear club colours. Temporary licenced athletes must run in clothing without advertising.
- The use of music players with headphones is not allowed and may result in disqualification.
- 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.
- No participant may run with dogs or other animals.
- Prize-giving for both races will start at 10h40
- Participants must be present at prize-giving to be eligible for lucky draw prizes
- To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- Entry cards (tear off on race number) must be in the athlete's possession during the race and handed in at the results board at the Finish.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their possible participation.
- Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
- 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 facilities are available at the runners own risk. Do not leave valuables in the bag.

*Coca-Cola* Peninsula  
Beverages



**WESTERN PROVINCE ATHLETICS**  
**Race flyers and results**  
[www.wpa.org.za](http://www.wpa.org.za)  
[wpa-subscribe@yahoogroups.com](mailto:wpa-subscribe@yahoogroups.com)

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**GARBIE** 