



**WARNING!**

Any runner guilty of tossing cups or water sachets anywhere else but on a tarred road within 20 meters of a water station will be disqualified. If rubbish bins are out of reach, then please assist us by carrying your empty sachets and cups to the next water point. Report offenders to referees. #RunClean



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

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**RED HILL**  
**Marathon & 36.2km Classic**

**Qualifier** **TWO OCEANS MARATHON** **Sportsmans Warehouse**  
winning starts here

**#RunClean**

**the sweat shop** **ERANKIES**

**Saturday 25 January 2020**

**Venue** Silverglades Sports Fields  
Cnr Nelson Rd & 20th Ave  
Fish Hoek

**Start Time:** 5:30 am

**Online Entry, Number Collection and Late Entries at:**

Wednesday 22 January	The Sweatshop Claremont	15h00 - 18h00
Thursday 23 January	Sportsmans Warehouse Tokai	15h00 - 18h00
Friday 24 January	Fish Hoek Athletic Club	17h00 - 19h00
Saturday 25 January	Fish Hoek Athletic Club	04h30 - 05h15

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

**Also: Bay Primary 5km Fun Run @ 7am**  
Entries open 6am  
Cost: R 30  
Bv: 021 782 2065

**Online Entry Fee** **Late Entry Fee**  
R 170.00 (Licensed Athletes) R 170.00 (Licensed Athletes)  
R 240.00 (Unlicensed Athletes) R 240.00 (Unlicensed Athletes)

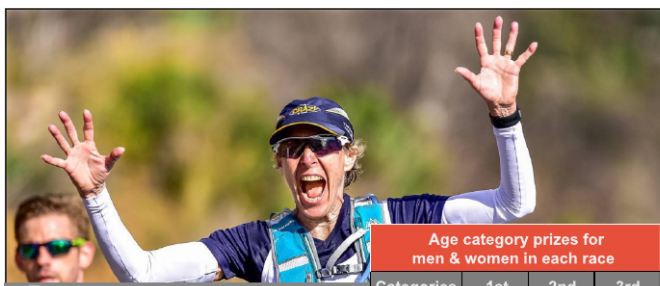
Enter online at [www.racetraq.co.za](http://www.racetraq.co.za)  
(No Admin Fees)  
Closes 17 January 2020



Race Flyers and Results  
[www.wpa.org.za](http://www.wpa.org.za)  
wpa-subscribe@yahoo.com

**Enquiries:**  
FHAC Race Office  
race@fishhoekac.com  
074 524 4842

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



**Route**  
Start: Fish Hoek Athletic Club. Route: Kimmittie, Scarborough, Red Hill, Simonstown, Fish Hoek. Finish: Fish Hoek Athletic Club

**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 Perdikkhof 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 2020 Two Oceans and Comrades if completed within the qualifying time.

One race number (bib) will be issued. Registered athletes must wear their ASA licenses 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 license 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 licensed runners must wear the race number on the front of their vest and the temporary licence on the back.

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 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 the appropriate age tags and provide proof of age. Unlicensed 70+ need to buy a Temp of R70.

Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.

**Age category prizes for men & women in each race**

Categories	1st	2nd	3rd
Open	1000	900	800
40-49	900	800	700
50-59	800	700	600
60-69	700	600	500
70+	700	600	500
Team Prize	4 x R 250 per team		

Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.

Licensed athletes should wear club colours. Temporary licensed 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.

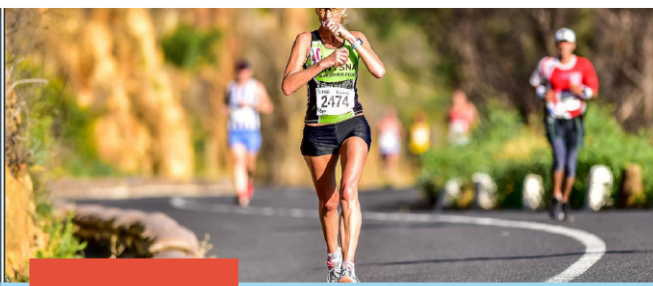
Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize. Entry cards (tear off on race number) must be in the athlete's possession during the race and handed in at the results board at the Finish.

Wheelchair athletes must please contact the organisers timely 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.

Tag bag storage facilities are available at the runners own risk. Do not leave valuables in the bag.



**R 8,000 Lucky Draw Cash Prizes**

**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 email to be received by Saturday 11 January 2020 listing your name, email 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](mailto:race@fishhoekac.com).

